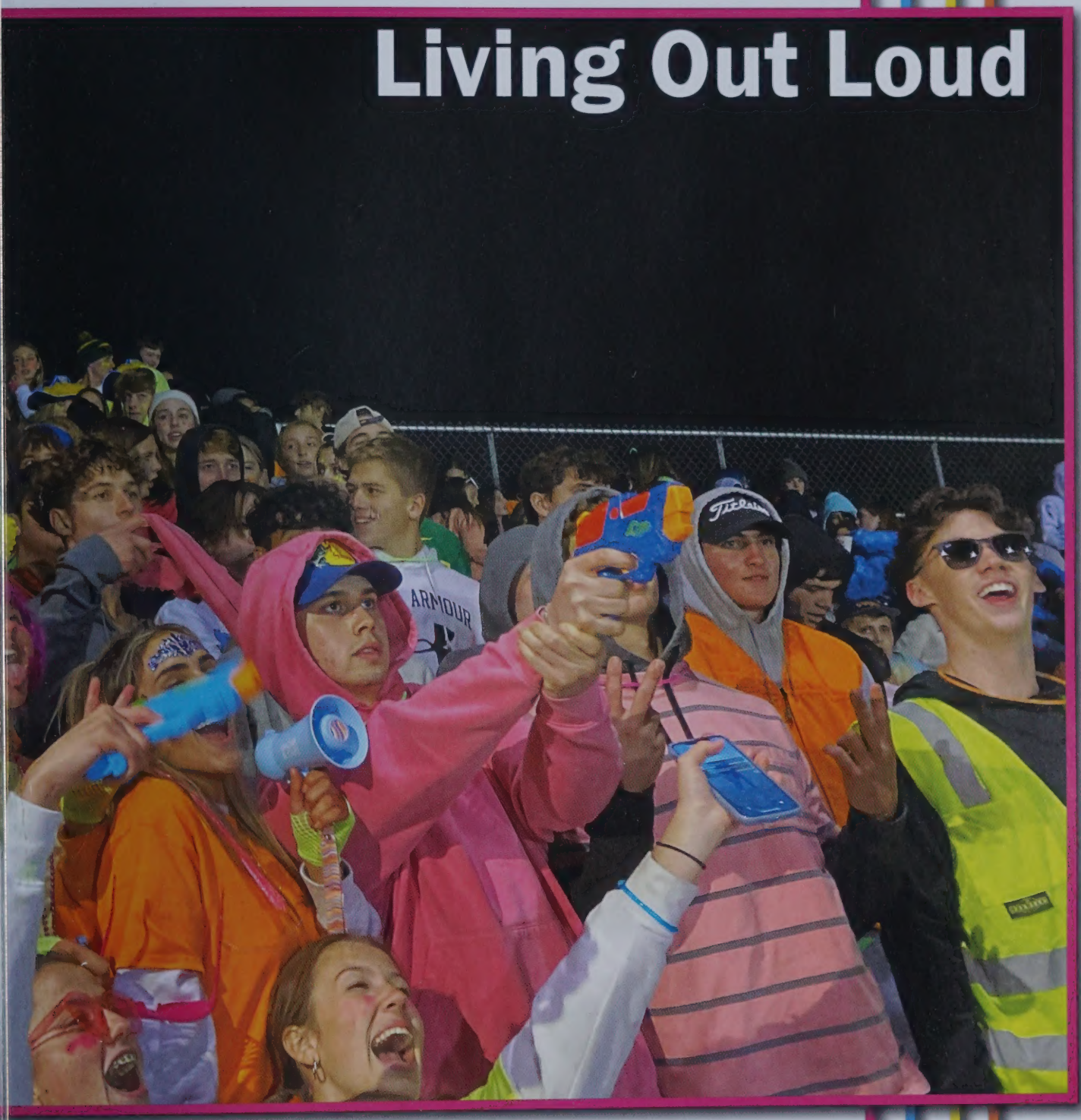
2023
Tantasquan

LIVING LOUD

Living Out Loud



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Living Out Loud

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Taking Care. Allied health seniors, Emily Moran, Kyrah Languille and Caydence Plouffe practice transportation skills. "I really like helping and taking care of people" says Kyrah. Their future patients will be in good hands!

Lend a Hand

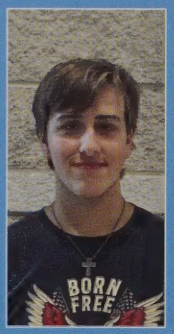
You Do You

Starting off the school year right!

From each year we get the truth:
A student from each class was asked the same question during a survey for the new school year! The question was...**How do you live out loud?**

"By showing off my personality with my friends and family!"
Alyssa Kuszpa, Grade 9

"By being myself everyday and able to be a part of a group that accepts me."
-Jack Allen, Grade 10



"By enjoying my time here at Tantasqua and not letting anyone change how I act, even if they might get offended."
-Noah Aubin, Grade 11

"I live out loud by making my dream a reality, and being at Tantasqua has definitely helped, due to the variety of technical programs."
-Joyce Woodard, Grade 12

1. I'm totally bugging...
Senior Olivia Trent is seen wearing some fabulous 2000's style clothing for our very first spirit week! "Every time we have a spirit week I go all out, it's one of my favorite parts of high school" Olivia is always up for some school spirit!

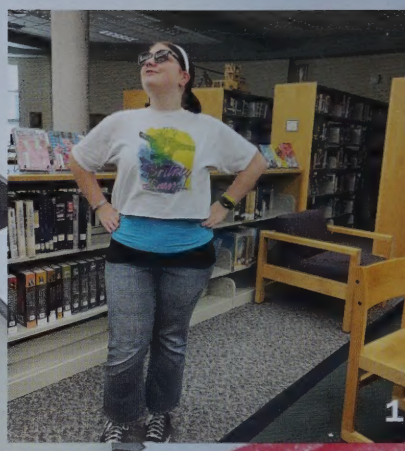
2. Make sure to get your spirit on!
Junior Heidi Powers went all out for a home football game. The theme was neon and she definitely pulled through! "I love home football games! Getting to see everyone dress up for the theme and having a great time, shows how fun it is!"

3. Chilling on the patio
Senior Lorenzo Valentin is having a good time hanging out with his friends on the patio in the nice weather. Many classes go outside when the weather is nice to either work or just enjoy the fresh air. Lorenzo said "Being able to have a space at school where people can just hangout is really nice."

4. Dress to express!
Junior Fern Suarez is walking through the halls with style. They can always been seen with the most intricate and wild styles, which always impress everyone. They never disappoint when it comes to a good clothing choice or during a spirit week. Fern will dress up for any occasion even just to go to school, which shows their dedication for their love of fashion!

5. Thinking upside down!
Ryan Cunningham, Anna Hendrikse, and Alexa Mizikar are all sophomores soaking up the warm weather while participating in gym class. Ryan Cunningham exclaimed "I love having classes with my friends; it brightens up my day!"

6. Embracing the bad weather with good vibes... Morgan McNally, Kayla Roche, Charlie Humphreys and Joan Squier-Donnan all group together to be out of the rain. Even though the weather isn't the best, they are making the most of it with smiles on their faces!



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Cornerstone Café

Live out Loud

LEFT. DON'T BE AFRAID TO GET DIRTY!
Rosemary Lapierre isn't afraid to get down and dirty while digging up potatoes in Mr. Stanley's conservation class!

MIDDLE. WALKING WITH STYLE
Junior Sam DeRose saunters through the hall wearing a 70's inspired outfit during Decades Day.

RIGHT. KEEP ON MOVING
Senior Sophia Parker smiles through the burn of cycling, saying, "Living out Loud to me means good fitness and keeping active!"

FAR RIGHT. FEEL THE MUSIC
Junior Makena Pentoney dances along the keys during piano class.

IT

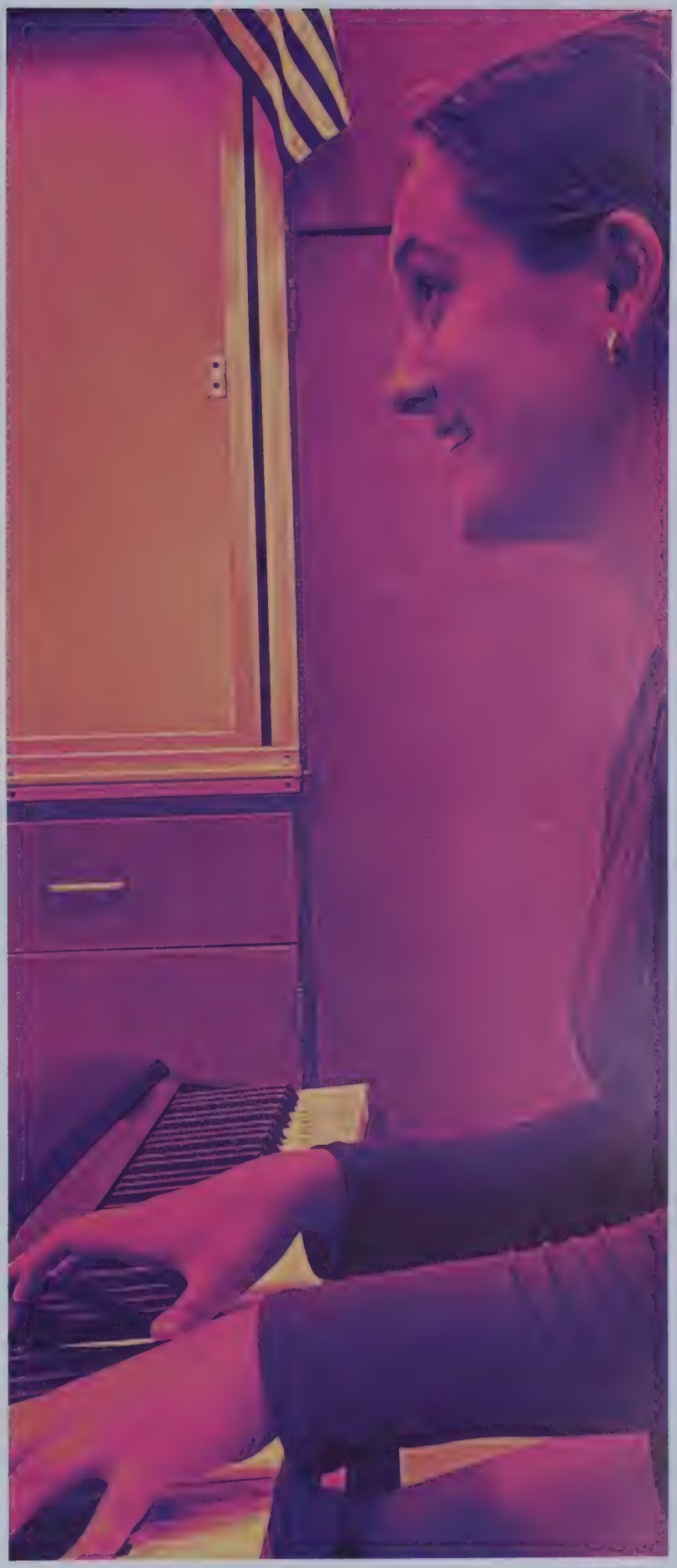
The Urban Dictionary defines Living Out Loud as "Being yourself, genuine, open, trustworthy, with sass, spice and flare. Living on purpose, loving others and yourself, living passionately for your values, no matter what." It means not caring what others think, and being unapologetically you.

STARTS

It's been a long few years, what with remote learning, masks, canceled events. But we persevered, we made it work, and now we're finally back. For seniors, it's the first year of high school completely unaffected by Covid, and they are making the most of it. It's good to be back.

NOW

Tantasqua students truly know what it means to "Live Out Loud," especially now. In academic projects and extracurricular endeavors, from creative outfits to dazzling hairstyles, we're finding new ways to express ourselves, and live life out loud.



Shine On

What's your best school memory?

Grace Chisholm
"The pep rally freshman year, because that's the only time we've had a pep rally until this year."

Brianna Woodard
(center)
"Culinary flour fight. All the class of 2023, in culinary started a flour fight and we made a huge mess. It took about 30 min to clean up."

Juliana Giannandrea-Mustion
"The first show choir competition I did with my friends. We all helped each other get ready and we performed our show for the first time. It was so much fun to be around all of my friends and show choir family."

Zoey Zhu
"Swim team! We went all the way to states in my freshman year, and in my junior year we actually made the podium at sectionals."

Happy Homecoming

Kicking off the school year right, students are dressed to impress at this year's homecoming. Many find this fun due to all grades being eligible to go. As the dance approaches, plans are made and outfits are bought. With the party, lights, loud music, and excited students this dance is thought of as the best!

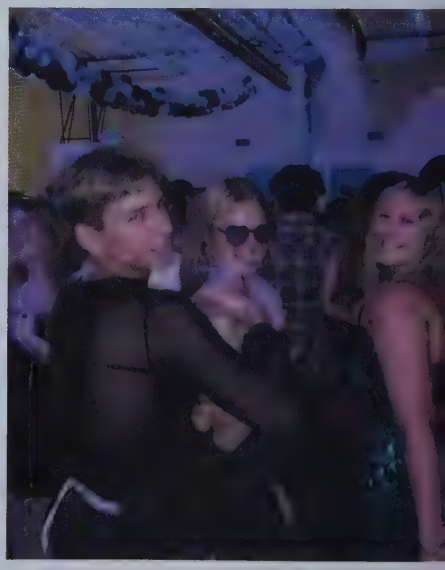
It has been a long time since Tantasqua has hosted a normal dance, thanks to the Covid-19 pandemic. The students certainly made the best of it. Over 800 people attended the dance, with the theme "Disco Party" expressed in the dazzling lights and decorations. "The music was fantastic," says Grace Chisholm, "The DJ made the whole night."

Pierce Cassavant, Jeremy Chenier and Tyler Guskey can be seen here having a great time in their matching Western attire

Makena Pentoney and Brady Moore stop dancing for a split second to make faces at the camera

Caylee Brown, Ellie Hill, Nathan Lafaille, Haley Williams, and Elliot Conti happily strike p

Abigail Radebaugh and Willem Raczkowski pose for a photo before leaving the house for homecoming.

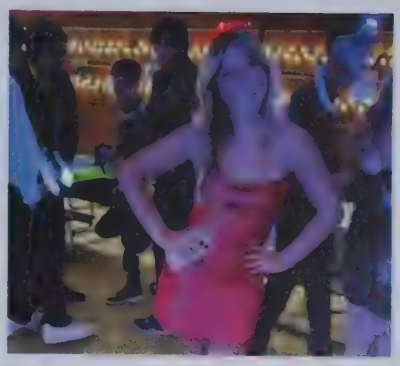


Thomas Koslowski, Addalyn VonHold, and Leanna Matczak dance the night away.

Dance
All Night

eir disco themed outfits at the dance.

Dancing queens Kyrah Langille, Hailey Berthiaume and Naarah Berry can be seen here tearing up the dance floor.



Senior Emma Keith with a big smile for the camera.

Kaelyn Caron, Kierra Hughes, Gretchen Strasheim, Madeline Kadlik, Caroline Pataky, Isabella Neslusan, and Willow Anderson gather together to take photos before the dance.

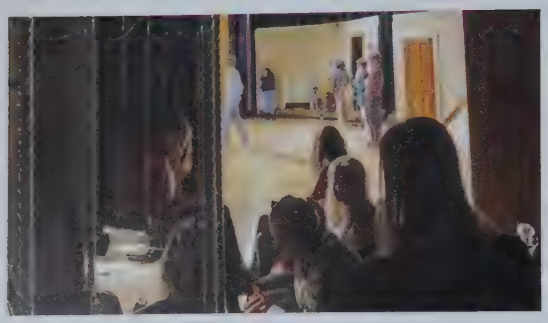
Junior Reilly McCormick showing off her stunning red dress

Freshmen Keoni Savoie and Haley Truax enjoying their first homecoming dance."I had an incredible time and I can't wait to go next year."

A big group of friends including Macy Cunningham, Ryan Cunningham, Anna Hendrikse, Tessa Kline, Lylah Mayo, Samantha Mayo, Grace Smith, and Hailey Wilson are ready for the night to begin.

Getting together before, Wilson Amott, Demitris Ortiz, Steven Parent, and Kayden Rodriguez are ready for their last homecoming ever.

Working in the Shadows

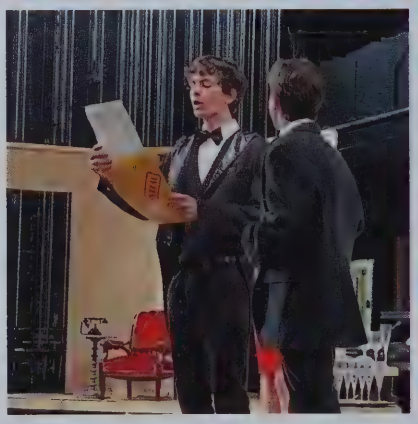


Stage Crew buzzes around the stage to make the show run smoothly. In the back hall costume and prop crew await actors arrival and get them ready for a quick return. In the Wings, stage managers follow the script with run crew to change the scenery. But crew doesn't stop behind the stage: look behind you to find the light and sound crew in the booth above the auditorium. Everywhere you look, someone is waiting to do their piece of the puzzle to make the show run smoothly.

Go behind the scenes with@beeehindthebooth

If you've ever scrolled through Instagram during tech week, chances are you've seen something reposted from @beeehindthebooth on performing arts lovers' stories. The booth gals light up the stage and amplify the voices of the hard working performers. One small mistake could throw off the actors on stage. It's an important job that often goes unnoticed. For this year's play, the booth is run by Ella Kozyra, Ella Petersen, and Brooke Fitzgerald. "The best part of working in the booth is getting to watch the show come together during tech week from the front of the stage," said Petersen. "Backstage crew is hectic, but the booth is our own little space away from the craziness." While the booth may be small, the booth gals make the best of their long hours in a tight space. "We like to decorate the booth to make it more fun to be in. It started as just jokes with the cast members, but now we bring in fun lights and sparkly decorations," said Kozyra. "We even have a Booth Gals' sign that you can see from the stage."

Clue was different from the typical productions the drama club puts on. It provided actors with a challenge and an opportunity to grow. Junior, Emma Lord said "Playing my role of Miss Scarlet was out of my comfort zone. In past productions, I have done. The roles I played previously matched my personality so they were easier to take on. Clue was challenging, but I loved expanding my acting." The group worked together to pull off a spectacular performance. "My Favorite scenes were the ones everyone was on stage for... especially ones where we got to add our own sense of humor." Said Drama Club President Cierra Rossi. The humorous spots turned out to be big hits with the audience.



ACTION!

Sophomore, Stina Pecci, opens the show with a news broadcast straight out of the 1950's. Her role sets up the setting of the show. It's1950, the Red Scare is all over the media and guests meet their blackmailer for a dinner party just outside Washington D.C. It's an innocent party, until it's not. "Acting in the Drama Club is such an amazing experience!" said Pecci, "...It's a fun positive environment where everyone gets to shine!"

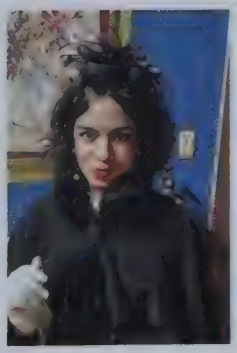
Tantasqua Drama Club Presents: Clue: On Stage

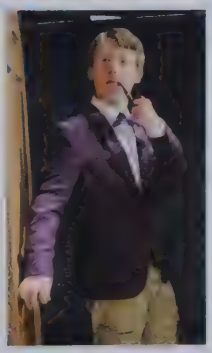
Lights, Mics, and... the Killer Strikes

This year the Drama Club performed Clue: On Stage for their fall play. Despite the small cast size required, the production as a whole was worked on by over 40 students. From acting on stage, running light & sound, moving the revolving set, keeping track of props and costuming the actors, it truly took a village to make it look this good.

Opening night was full of excitement for everyone involved. Light and Sound booth girls watched over the lobby from the balcony and reported back to their backstage friends. The ticket line was out the door into the cool, crisp night. The perfect setting for a murder mystery.

Junior, Sam DeRose played Wadsworth, the butler of Boddy Manor. "Wadsworth is a very scheming and mysterious character...I enjoyed being able to interact with the other characters on stage in a way thats unlike my usual personality." All the actors worked long & hard to perfect their roles. Rehearsals ran every day after school, putting the show together in only two months! All this hard work paid off in a production that left everyone laughing.





More Than Just Cast Mates

With rehearsals running almost every day of the week, students are bound to form new friendships with their fellow cast mates. After all, everyone involved is there because of a common love for theater. By Tech Week, the cast and crew is bonded with friendship to help the time go by faster. Many laughs are heard backstage as actors fumble over their lines, crew struggles to lift the heavy sets and the drama clubs favorite mannequin head "Donna" is hidden through the set. Moments like these get everyone through the long stressful hours leading up to opening night.

STOP IN FOR A SPELL

NOW FOR THE FACTS:

1. Ms. Joseph accessorizes her witch costume with badge, water and walkie.
2. Elastigirl To the rescue!! "I dressed up as Mrs. Incredible. My entire department.dressed up this year and are already planning for next year,"says Ms. Evanski.
3. "I am the danger." Hailey Frisella sports a Walter White costume from Breaking Bad.

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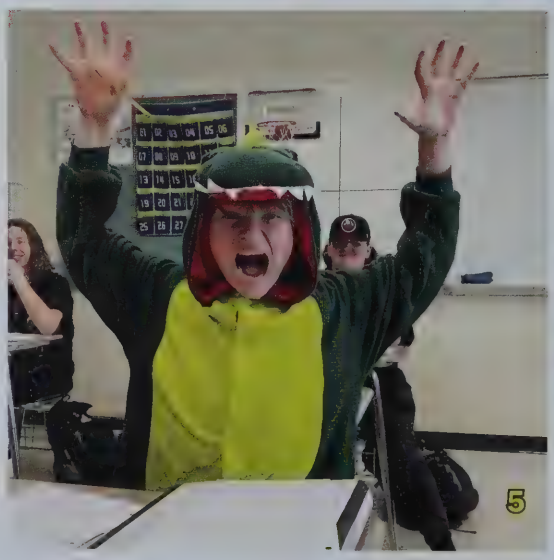
4. YeeHaw! Freshman Sophia Linden dressed up as a cowgirl for this year's Halloween. Although she didn't go trick or treating to show off her amazing costume, she did get to show it off to her friends that day. We look forward to seeing what she will be next year!
5. Don't worry it's not a T-rex, it's just sophomore, Ayden John, in a scary good dinosaur costume.
6. A flash from the past. Senior Ana Lima shows off her 70's themed costume.
7. On theme! Angelina Cassella, Julianna Suarez, and Hayden Robbins pose for a picture in their themed Halloween costumes. Although they aren't twinning, each outfit incorporates pieces from each other's to create a really fun look!
8. Working for the snacks. Freshman Evelyn Spencer completes a workout in her Lunchables costume.
9. Friendly neighborhood Spiderman Logan Arrastia shows off his Spidey skills during lunch.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Halloween is a tradition that is widely celebrated throughout all of Tantasqua. From teachers to students, many people participate by dressing up to help add some Halloween Spirit to everyone's day. Costumes vary widely from scary monsters to Disney characters. While everyone may not dress up for Halloween, many people enjoy seeing what others dress up as every year. Senior Ismael Rodriguez says "Halloween is my favorite time of the year. I really enjoy seeing what creative ideas people will come up with for costumes every year." Another student, Steven Parent says "I truly love seeing all the different types of people express themselves with their unique and creative costumes." Our school librarian Mrs Lamothe also had this to say when asked if she enjoys seeing students and other facility members dress up. "Personally I haven't dressed up lately, but it's really fun to see what ideas everyone comes up with every year. I loved Ms. Ledeboer's "Day of the Dead"costume this year.

NOW YOU'RE TALKING

Kole Cepeda and, Brayden Kida, 11th"We dressed up with a group of friends with disco themed costumes. We hung out but didn't go trick or treating. We might do inflatable dinosaurs next year."

Valeria Laferriere , 10th
"I dressed up as a vampire, and I did it by myself, but I did trick or treat and hung out with friends. I do plan on dressing up next year but no clue to what as."

Makenzie Cortes, 9th
"I didn't like dressing up, but I did it for my friends. We went trick or treating. I might dress up next year it depends, but no clue what I will be."

Don't forget to grab your face paint, pom-poms, and best attitude because it's time to GET LOUD. In preparation for the notorious Homecoming football game and dance, students sauntered through the halls showing off outfits inspired by Adam Sandler and Paris Hilton, various decades, and even pajama onesies. "It's a fun way to unite the student body and express ourselves through wacky and creative outfits," says senior Zoey Zhu.

After a week of quirky and fun themed spirit days, every student can appreciate the first pep- rally of the year as it truly unites our student body, and not to mention the beloved Thanksgiving break. At each pep- rally, fall or spring, the four classes compete through various games over who has the most Warrior pride. These games include, but are not limited to, basket toss, toilet paper mummies, Tug o' War, and knockout. "My favorite moment of the pep-rally was getting to watch Daniel Wexler get a basket in Knockout and the crowd going wild," says senior Ella Kozyra. With the excitement and drive for competition, these games can become utterly cut-throat, however, it bonds our student body through friendly rivalry and aims for the betterment of student- faculty interaction.

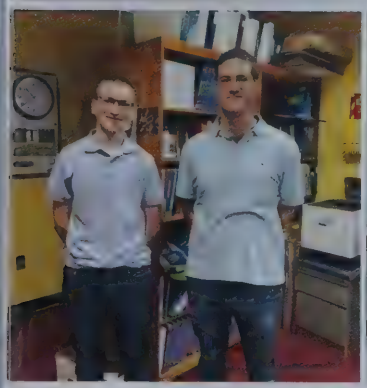
PEP-RALLY ANTICS

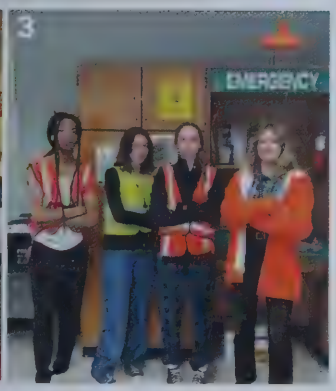
BASKET LADY. Stella Buday holds her basket with confidence while scoring points for the sophomore class in Basket Toss!

ALL WRAPPED UP. Nicki Vejack speeds around Richard Ramos with determination to win the toilet paper mummy contest for the junior class with hopes of not getting too dizzy

WE WEAR OUR SPIRIT
LOUD AND PROUD

SEEING DOUBLE





1. This AP Lit class nails Ms. St. Jean's style rocking a blue shirt with black pants- bonus points for the blond wig sported by Sarah Drajpuch!
2. The resemblance is uncanny between senior Jake Rosen and science teacher Mr. Dunkum with their matching blue polos!
3. Tafari Byfield-Felton, Ella Petersen, Ava Marcucci, and Eleanor Pitcher stand posted up with their neon reflective vests with inspiration drawn from science teacher Mr. Stanley!

HOMECOMING WEEK

Right: Dylan Lapointe and Jake VanLingen show off their spirit wearing their football jerseys on Sports v.s. Band Tee Day!

Right: Sophomore Emma Quinn, English teachers Ms. Lopez and Ms. St. Jean, senior Lara Matheson, history teacher Mr. Metz, and senior Sadie Bergeron are turning heads in the halls with their creative, (and some even authentic!) outfits for Decades Day!

Right: Emma Lord, Eve VanWickler, Norah Wilson, and Alexis Yap compete with velvet tracksuits and over- sized street wear during Paris Hilton v.s. Adam Sandler Day!

TUG O' WAR
Seniors Brooke Cadarette and Alivia Facteau struggle on the front lines of the Tug o' War game, battling to pull the opposing team over the line.

AIM HIGH
It's truly a battle between who can make the first basket between seniors Owen O'Brien and Scott Andersen in this game of Knockout!

...AND IT'S ON!

For a total of 17 days in December, intern Ella Pitcher and Mr.Metz competed for the honor of best holiday costume. Each day his USII class voted. As you can see from the pictures, they both went all in!

Avery Mitchem and Behailu Pecci, Grade 11

These are the warm-up outfits. Layers of Christmas for Mr. Metz and an elf for Ella. But as you will see, they were just getting started!

Here, both contestants chose to depict The deranged Easter bunny from A Christmas Story.

Mr. Metz in Hanukkah attire, and Ella as Clark Griswold in National Lampoon's Christmas Vacation movie.

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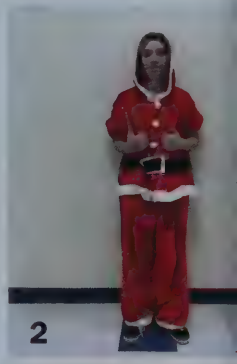

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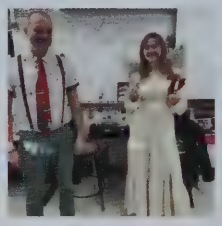
Santa Baby. Students, Avery Michalak (1) Jayden Garvin-Nusz (2) and Haleigh Parkinson (3) sporting their Christmas apparel.

Emma Quinn, Grade 10

Mr. Metz as Elf and Ella as the Christmas tree stolen by the Grinch.



Mr, Metz in layers of Christmas gear and Ella as the angel on top of the tree.

Mr. Metz as "Boston Christmas boy" and Ella as a Christmas present in a stocking.

Cameron Sexton and Sebastien Troyse, Grades 10 & 11

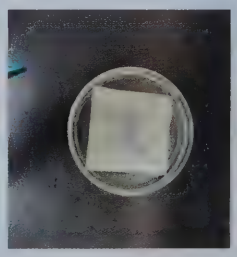
Mr. Metz as Yukon Cornelius from Rudolph movie and layers of Christmas for Ella.

Mr. Metz in Star Wars regalia and Ella as Frosty the Snowman.

AND THE WINNER IS... The class voted for Ella! The prize: "a major award."

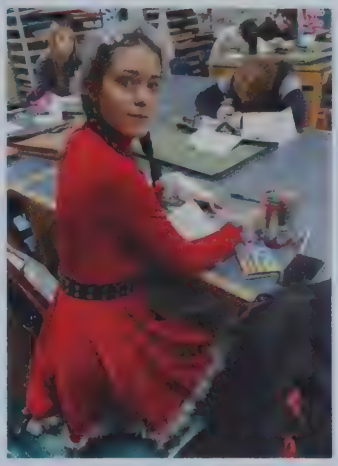
Alexis Yap, Grade 11

SNOW GLOBES. Ms. Breinlinger and Mr. Dunkum's classes celebrate the holidays by making snow globes. The chemical process involves saturated solutions. Emily Savage, who is in one of the classes says "It's a great way to combine holiday spirit with learning about chemistry." Madison Luce adds, "I like how they can be customized and it's fun to work together."



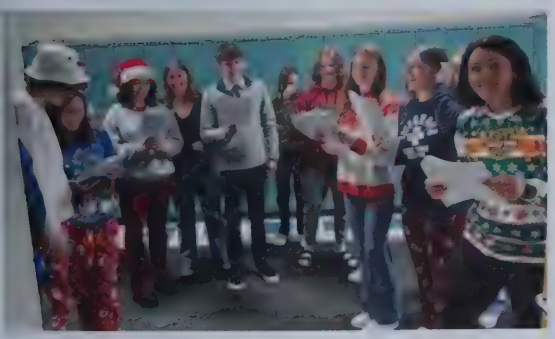
Redox Ornaments. AP chemistry students create ornaments which Eddie Goodwin explains involves hydrochloric acid reacting with zinc to turn the metal into a coppery color.

Looks Like Santa. Santa is an industrious guy. Here we see Brendan Savicki's version pumping iron to stay in shape for his travels (4) Deven Cavannah and Derek Plowman are Santa's favorite helpers (5) Donald Andre sporting leisure wear(6) and Olivia Marin (7) must be responding to letters.

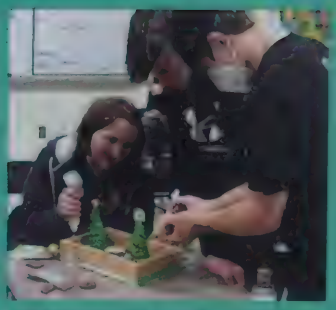


HOLIDAY CHEER

Students at Tantasqua take dress up seriously, especially when it comes to celebrating the holidays and their upcoming winter break.



JINGLE CELLS. Ms. Foley's biology getting everyone excited about the holidays with renditions of Christmas carols they composed themselves and sang to science classes on the last day before our holiday break. Some sample lyrics include "Cells grow, cells divide," and "Last bio class I failed my test," sung to "Silent Night" and "Last Christmas" respectively.



CLASSICAL CREATIONS

Mrs. Willard's classical works and world poetry class construct boats moats and temples in celebration of the holidays.

The Countdown is Over!

In spite of some blustery weather that led to power outages and heavy downpours, Tantasqua students showed up in style, sometimes, in the case of Ella and Mr. Metz for the whole month of December.

Teachers also join the fun, often dressing up themselves in ugly sweaters or sometimes full on elf costumes (see Mr. Hargis below).They also design lessons tailored to the season, ornaments, gingerbread, holiday cards, and snow globes. This year's biology students applied their newly learned knowledge of biological principles to serenade their peers with original Christmas lyrics. Their performance was delivered in fun and with plenty of gusto.

TOP 10

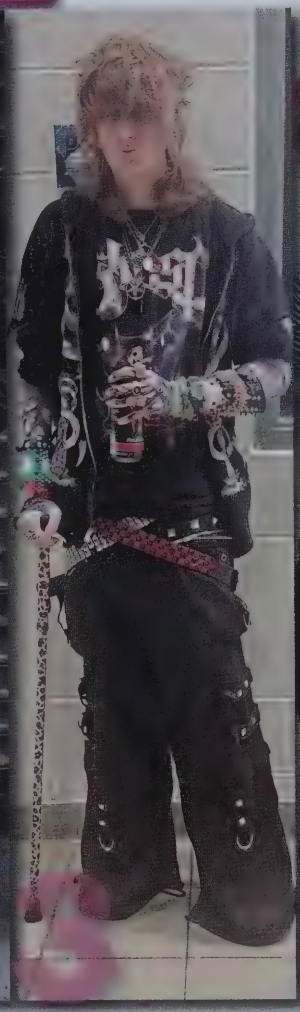
Vogue Worthy Outfits Of Tantasqua Regional High School

Casey Ellison

Senior Casey Ellison told us, "I think of masculinity and femininity as something rather fluid, so I like to switch up my outfits, dipping a bit into both styles. I also think my style fluctuates between many different styles. I don't think it fits into one category. I take a lot of inspiration from nature, music, and media when I make my outfits, basing them off whichever song, show, or season I'm feeling the most."

Taylor Phay

Senior Taylor Phay explains "Clothes make me happy no matter what I am going through, putting on an outfit can make my day."

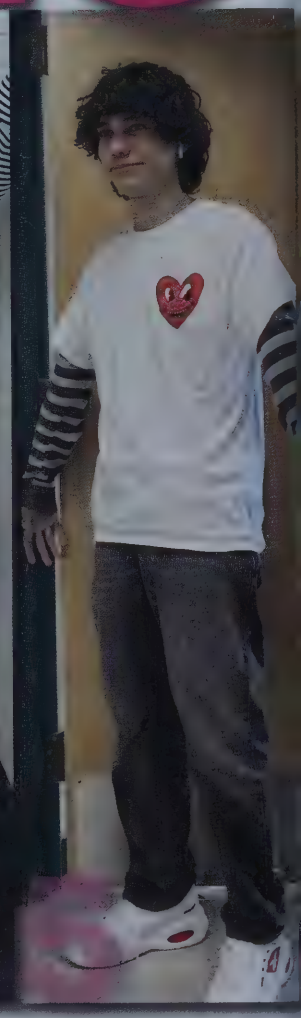


El Gibeau

Junior El Gibeau is rocking one of his usual authentic outfits.

Eben Mazeika

Senior, Eben Mazeika enthusiastically told us, "I like to serve and slay all day," when he was asked about the inspiration he gets for his colorful and original outfits he wears to school every day.



Ismael Rodriguez

Senior Ismael Rodriguez told us "Fashion is something that is unique to only you. Because of fashion I am able to express myself in anyway I want."

Eleanor Pitcher

e asked senior Eleanor Pitcher, what inspires r to choose her awesome outfits everyday. a told us, "What makes me choose my outfit the people who say I inspire them to wear hat they want, when they want."

Ellie Hill

Junior Ellie Hill is rocking this white skirt, pink sweater, boot combo for spirit day. We asked Ellie about her outfit for this and she said. "This is my favorite outfit I have had for a spirit day."

Elise Cruz Morales

Sophomore Elise Cruz Morales says "I like to dress in all different styles; it really depends on my feeling that morning. I dress the way I do because for some reason I have a nicer day every time I dress up. Honestly, I think outfits entirely are a way to express yourself, and you can tell a lot by the outfits people put together."

Haley Williams

Junior Haley Williams shared what fashion meant to her. "I love creating new outfits Dressing up every day makes me happier. I'm inspired by Vivienne Westwood known for their signature pearl necklaces. My passion is for fashion."

Jake Rosen

Senior Jake Rosen lets us know that "Truthfully, I just wake-up every morning and put on clothes sometimes it's khakis, and other times it is sweatpants." He often sports a preppy look

Miles & Smiles

Drivers ed is a milestone most kids can't wait for; the freedom of driving on their own. After years of waiting is an amazing moment for kids, and drivers ed gives many their opportunity

Driver's ed is a class that prepares upcoming drivers for things they will experience and need to know on the road. Students have a lot of fun times with their friends and instructors during the class between making posters for driving safely or doing a lesson with a friend. Mr. Zempsky, the driving instructor, likes to make sure the students have a fun time while driving. He remarked " We like to play little games while we're in the car together like trivia or seeing how many animals we can spot." A lot of students have mentioned the fun times they had driving with Zempsky like listening to movie soundtracks or singing karaoke. Most students will drive to and from school for their junior and senior years. Almost all student drivers have the same things to say about driving, like how good the freedom feels or how fun it is to see friends more often. Junior Maya Miranda says " the parking lot can be terrifying after school but I still love to drive." Once beyond the parking lot, students are ready to go!

2

3

In The Driver's Seat

Maya Miranda, grade 11 says that "drivers ed was a really exciting experience because I could not wait to start driving by myself."

"I think all new drivers should take the class, its super beneficial and you learn things you wouldn't have without the class"
Norah Stewart, 10

Road Ready

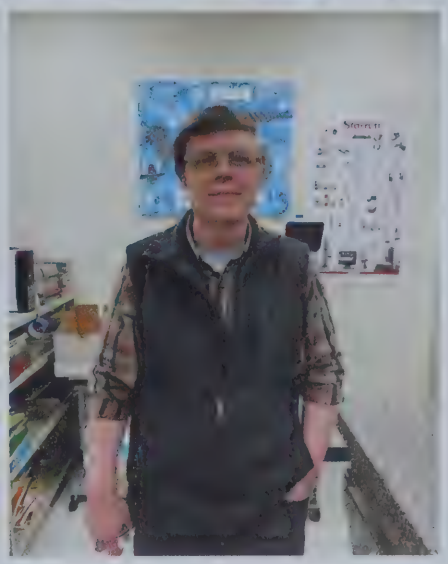
It's a long haul to get your license but when students finally do they make sure to have a fun time.

PRAYING FOR SUCCESS. Daniel Cruz prepares to take the wheel for his driving lesson while Mr. Zempsky seems a little nervous with this new driver. (1)

GETTING A LIFT. Good friends Cam Murphy and Patrick Welton head to the gym together for an after school workout. (2)

ESCAPE ARTIST. Michael Steenson tries to make a break for it. (3)

DOUBLE TROUBLE. Twins Joyce and Brianna Woodard get ready to drive back home after their long school days. (4)



LOCKED IN. Madelyn Gore sits in the backseat attempting to escape through the window.

TEACHER KNOWS BEST. Mr. Chevalier, the drivers ed instructor, tells us a little about what it's like teaching these classes. "I have been administrator and instructor for about 7 years now, and it has always been a lot of fun. It can be challenging to keep all the students on track at times but we try to give all the students a good understanding of rules and safety measures for the road."

"The class may not be the most fun thing, but it teaches you things you'll need to know when you're on the road alone." Jasmine Tetreault, 12

Senior Julianna Milton took drivers ed in her sophmore year but chose to wait for her license "I was scared of getting in a car crash for a long time and failed my first test but I'm going to take the test soon"

Izzy Santa, a junior, said that "my class was really educational and helped me a lot with my driving"

Tantasqua Student Council Takes on MASC!!!
From March 8th-10th, fourteen Tantasqua student council members participated this year. "MASC was the best three days of my high school carrier! I learned so much about leadership and being a better person overall! -Olivia Trent

Cool CATS Take THE POLAR PLUNGE!

It was quite a scene at this year's polar plunge to benefit the Special Olympics. The beach was lined with emergency responders in weather dive gear in case of an emergency while hundreds of student council members from across the state lined up ready to plunge into the chilly Atlantic at Craigville Beach in Centerville, MA. The water was a brisk 39 degrees and the air was a chilly, windy 40 degrees. To add to the fun, teams are often dressed in themed outfits. This year, Tantasqua's theme was Ratatouille–we had chefs, rats, and a block of cheese.

Congratulations to TRHS sophomore Jackson Landine was the top fundraiser for all of MASC for the Special Olympics Polar Plunge this year!

All Smiles Before the Plunge. The 15 participants had fun plunging with other student leaders from across the state to raise money for a great cause.

While the plunge was the highlight of the trip, students also participated in workshops and other activities to learn leadership skills, such as teamwork, planning and organization from guest speakers and fellow high school students. The students spent an inspiring 3 days in Hyannis and bring back all their newfound knowledge to share with students at Tantasqua.

Polar Plunge

NOW MOMENT

Junior Avery Michalak says "The water was freezing, but I'd definitely do it again!"

1. Ready... Set... Swim! The long anticipated plunge leaves some students happy, but others are clearly shocked and even annoyed.
2. Smiles in the Sand The relief of a towel never felt so welcome.
3. Just Cheesin' Ms. Joseph's contribution to Tantasqua's Ratatouille theme this year. She says "This was my second polar plunge for MASC Special Olympics. It's a great event for an even greater cause!
4. Grace as Mabel. Senior Grace St. Laurent entertains the crew as they prepare to depart for the plunge.

TOP 10

BENEFITS OF TAKING THE PLUNGE!

1. DECREASE TENSION
2. DECREASE FATIGUE
3. ANTIOXIDANT PROTECTION
4. REDUCE UPPER RESPIRATORY INFECTIONS
5. IMPROVE MOOD
6. IMPROVE MEMORY
7. REDUCE INFLAMMATION
8. BOOST IMMUNITY
9. REGULATE BLOOD SUGAR
10. BUILD WILLPOWER

BONUS: HAVE FUN!!!

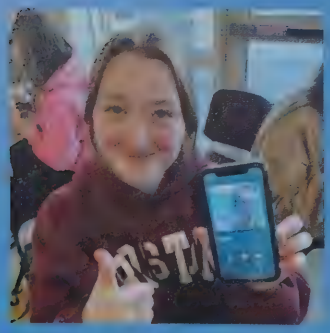
NOW FOR THE FACTS:
1. Tantasqua raised $4,045 for Special Olympics Massachusetts
2. Jackson Landine raised $1,500
3. MASC raised $55,546 this year for the Special Olympics.

Jammin' Out

Jaylin Rodriguez, Freshman
Drake - God's Plan

Liam Hubacz, Junior
Ice Sprice - In Ha Mood

Keith Hough, Senior
Lil Yachty - Bring It Back

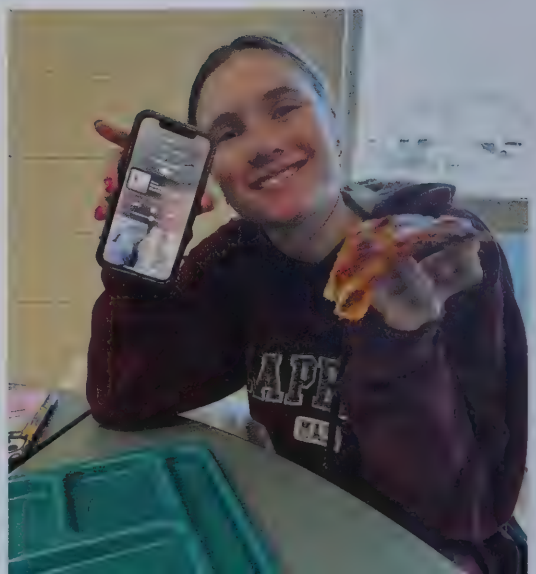


Rhiannon Gingras, Junior
Frank Ocean - Swim Good

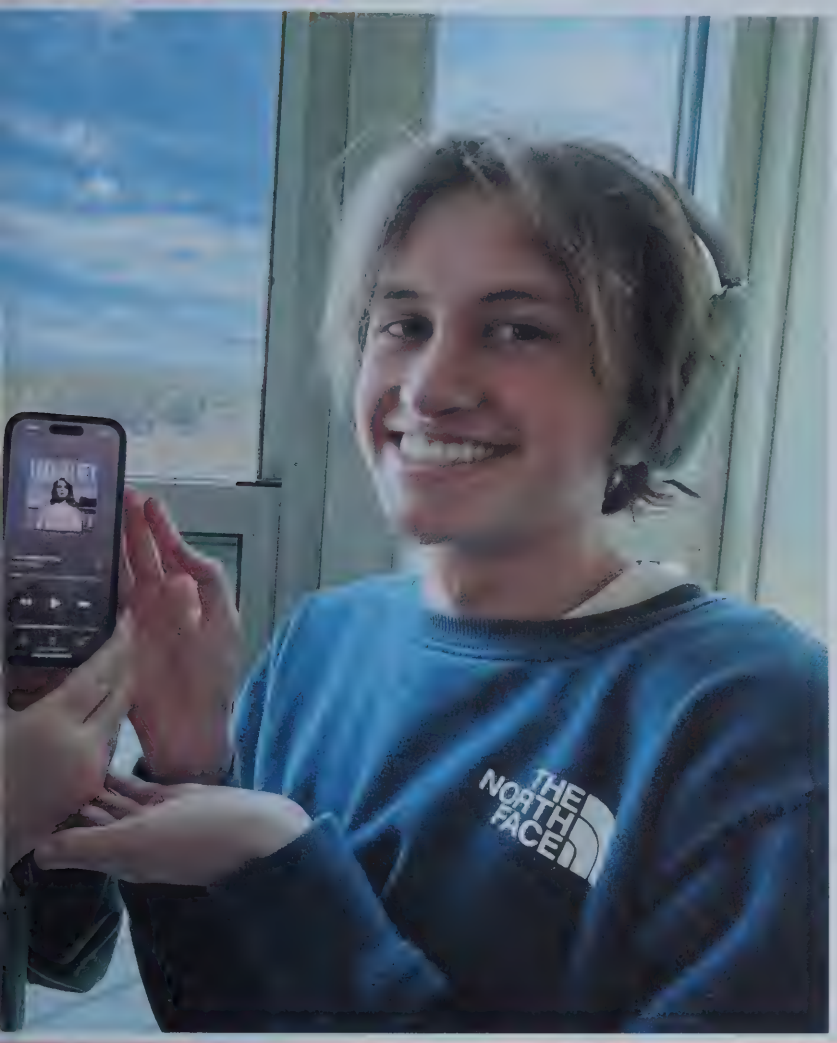
Hunter Normandin, Junior and
Clyde Harrell, Junior

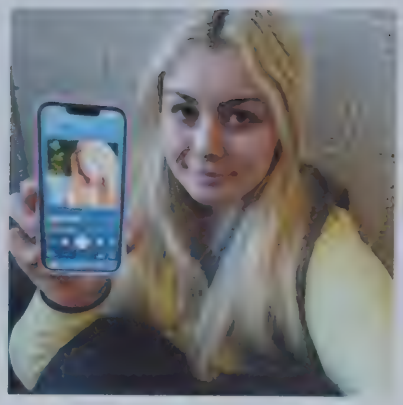
Tantasqua listens to a wide array of music, spanning from country, to pop, RnB, and Rap. Music has played a big role for many students, helping them get through their day. Kelsie Wotton, pictured on the left says "Music is one of my favorite things, because it's so versatile, since I can use it to motivate me during a hard workout, or calm me down after a long day." Willem Raczkowski, also pictured explains "Listening to music helps the day go by faster, and always puts me in a better mood."

Claire Godek, Senior
Listening to Gucci Flip Flops by Bhad Bhabie
Claire says "Bhad Bhabie empowers me to be a strong independent female."



Ellie Hill, Junior - Listening to America Has a Problem by Beyonce.
As Ellie turned around her phone, she mentioned "This song always reminds me of my friends– and I play it all the time." She went on to say "Listening to music puts me in a good mood, before going to my next class."





Heidi Powers, Junior - Listening to Should've Said No by Taylor Swift
Heidi has to be one of the biggest Taylor Swift fans in Tantasqua. She mentioned "Taylor Swift has so many songs, all of different genres, so no matter how I feel, there's always a song I can relate to."

Hallway Hits

What's Tantasqua listening to?
We've gone around the school, and asked everyone wearing headphones what songs they're listening to.
With a wide array of responses, here are Tantasqua's top picks.

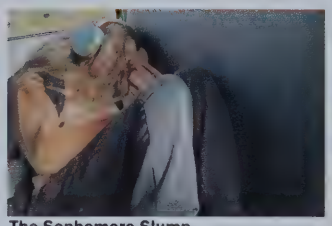
Lara Matheson, Senior
Listening to Buddy Holly by Weezer
" I'm going to the seeker concert in July, and I can't wait! You just got weezered."

On the Bus!
Students arrive to school off of the bus early in the morning ready for the long day of learning ahead! Sophomore Fatimah Robbins shares, "Living in Leicester, I have a really long bus ride to school. But, I'm really grateful we have the bus, because it gives a lot of out of district students like me the opportunity to go to Tantasqua, and without the bus that's an option most of us wouldn't really have."

Waking up early in the morning for school is never really much fun for anyone.

Tantasqua runs on Dunkin.
Everyday hundreds of students enter the school with a morning coffee. Sophomore Aarianna Keswick (pictured top right) says, "I really like having a coffee in the morning. It helps me to wake up and feel more ready for my day. My usual order is always something with extra caramel swirl!"

GIMME SOME COFFEE!

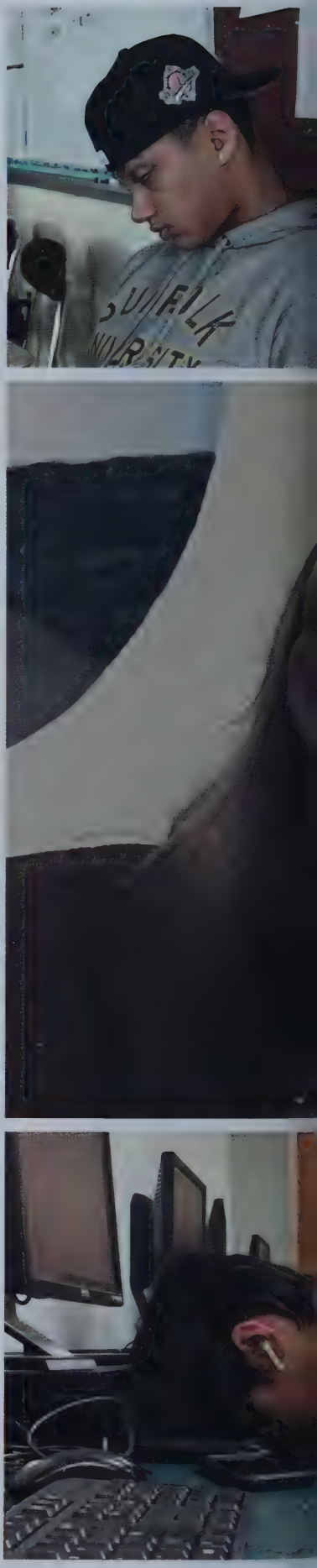


The Sophomore Slump.
Sophomore Olivia Gravel takes a nap on the bus ride home after school. "School is hard. I'm tired. I'm never not tired. At least when I take a nap on the bus after school, I don't need to hear the middle schoolers at the front."
Olivia Gravel, 10

Avid Sleepers.
Senior Sadie Bergeron takes a nap in a comfy chair during her A-block avid reading class with Mrs. Lamothe.
Sadie Bergeron, 12

Good For Your Health.
Sophomore Isabelle Alden takes a nap on a table during her time in health careers. "I'm always sleeping in weird places during class. I'm the funniest person I know"
Isabelle Alden, 10

Super Comfy Chair.
Junior Emilie Motyka takes a much-needed nap on hard wooden chairs in the school library.
Emilie Motyka, 11



LEFT. **Sleeping On The Job.** Junior Bryce Tessier catches some wide-eyed sleep during class while senior Jacob Van Lingen makes a silly face in his direction.
CENTER. **Earned It.** Sophomore Sophie Komssi takes a nap after a hard workout in her fit for life class. She states, "I like to listen to my music every day to relax."
RIGHT. **Take a Break.** Sophomores Cam Winarski and Marcus Marcucci get some rest on a hallway bench.
MIDDLE. **ZZZs.** Senior Lara Matheson catches up on some sleep during one of her classes. She says, "I promise I try to stay awake in class, but Mr. Murdock's voice is very monotonous."
BOTTOM. **Getting Some Beauty Rest.** Sophomore Keanu Lawrence is always catching up on some beauty sleep during his classes. "I love getting some beauty sleep during class. I always want to look my best."

Madison's Morning

Sophomore Madison Luce reveals her everyday morning routine.

"The first thing I do when I wakeup in the morning is do my skincare, it's very refreshing and really helps to wake me up." After Maddy does her skincare, she goes back into her room and checks her phone. She says that it's an important part of her routine, "I always check my phone after I wake up. I like to catch up on what I missed while I was sleeping and I'm always sure to send my close friends a good morning text."

She then picks out her outfit for the day. "My go to outfit everyday is a pair of jeans and a nice sweater!"

Maddy says, "After I pick out my outfit I do my makeup. I think it's important that it compliments my look for the day, but also makes me feel good about myself."

Once that's all done, Maddy makes sure her hair is good for the day and goes downstairs.

"After I'm ready and downstairs, I fill up my water bottle so it's fresh and get my snacks for school ready."

When everything that she needs for school is ready, Maddy makes her morning coffee, "I love the Starbucks caramel macchiato coffee from the grocery store, but I always add some of my own caramel swirl!"

When her coffee is done, Maddy grabs a pair of her shoes, checks her appearance in the mirror one last time and goes outside to catch the bus.

LOUD & PROUD

The secretary of Student Council, Claire Godek showing enthusiasm during Student Council's energizer! Claire describes energizers as, "A way to get everyone ready to put their ideas out for a meeting!" An energizer is such a fun time to get moving with all your friends.

We're All in This Together

Look at Jeffrey Shaw, Sam DeRose and Owen Stattenfield getting their talk on about the Student Council's upcoming Spirit weeks! Owen Stattenfield shares his "Dress like a Teacher Day" idea. The behind the scenes of every spirit week!

High Five Friday!

Tantasqua StuCo High Five Friday at the Jr. High!! Members of Student Council went over to the Junior High before school started to high five the students as they walked into school. Senior, Hailey Wilson says, "I love being friendly and a role model to the younger grades!"

BUS DRIVER APPRECIATION DAY! Participant, Stella Buday (10), giving her assigned bus driver a gift of appreciation for the upcoming holidays! Stella says, "I'm so grateful Student Council gave us the opportunity to thank our bus drivers for all they do."

MAKING BLANKETS! Members of Student Council making blankets for mental health awareness. Tessa Kline (12) states, "I loved making blankets to help students in need!"

SHOE DRIVE! Lylah Mayo (10), a member of Student Council, standing with the shoe drive bin. The shoe drive takes old shoes and donates or recycles them! "Please donate! It goes to a good cause"

Warrior Day of Service. Ella Kozyra (12), Emma Lord (11), Makena Pentoney (11), Avery Michalak (11), and Makenzie Cortes (9) are shown making cards with the Cancer Kids First Club for Children at Boston Children's Hospital. Emma Lord says, "We made holiday cards for all the children who are battling cancer at Boston Children's Hospital. As a club, we wanted to make sure every child knows how strong they are and keep them smiling with these cards!"

StuCo's COMMUNITY

Leadership, dedication, and commitment are ways to describe each participant in the Student Council. Throughout the years, Student Council has been a place for students to get their ideas out there for Tantasqua's student body. Not only does the Student Council help in the Tantasqua community, but it also helps outside of school. Some of the volunteer opportunities to assist in were Warrior Day of Service, the Food Drive, Toy Drive, Polar Plunge, and much more. Student Council members are immensely committed, and they all enjoy helping within all communities.

Elyse Genaway, Student Council president, exclaims, "Planning events such as Homecoming, Pep Rally, Spirit weeks, Toy drive, etc. and seeing the impact it makes on my peers' lives motivates me to put in 100% effort in my leadership position on Student Council. Creating a community within the building and having relationships are so important. Being Student Council president has allowed me to build those relationships and create new ones and I'm forever grateful for that."

Katie Cropley, Student Council publicist, describes, "Being the publicist for e-board has been a great opportunity for me, it has made me feel more connected with my school community. I love having the ability to share information with my school in such a creative way. I also love all the friends Student Council has given me!"

Nathan Lafaille, Student Council member, states, "Student Council has given me many opportunities to share my ideas and help others. I love getting involved with our school community." Student Council has been a huge part in making the school environment a brighter place. Every member has a voice and a chance to make a difference. If you're looking to get involved, introduce new ideas, participate in many events and volunteer opportunities, and juggle multiple tasks, come join Student Council!

StuCo's Gingerbread Houses. Seniors; Lantana Meisl, Kaitlynn Riley, and Nathan Caplette building their amazing gingerbread house for their last Student Council meeting before the holidays. Every group was able to participate in the competition. A fun activity before the holidays!

Involvement in The Festival of Giving Trees. Olivia Trent (12), Elyse Genaway (11), Riley Palmer (11), Avianna Gregoire (11), and Samantha McGlinchy (11) are decorating their tree at the Festival of Giving Trees. Riley Palmer explains the photo, "Being shown at the Christmas Tree Festival after we finished decorating the Grinchmas tree submitted by our Student Council" This was such an exciting experience for E-board to be involved in.

Student Council's First Oscar Awards

Stella Buday was awarded the first StuCo Oscar Award at a full board meeting. She won this for her participation in student council, going to the booster club meetings and helping run a professional development workshop. Stella claims, "I enjoy what I do for Student Council and am excited to receive this award."

Stella Buday, Grade 10

Liam Hubacz was awarded the StuCo Oscar Award at a full board meeting. He was awarded this for his amazing participation and attending many events. Liam expresses, "This is my first year in Student Council and I really wish I did it all of high school. It's a good way to make friends, build leadership skills, and have a say in your community."

Liam Hubacz, Grade 11

Avery Michalak was awarded the StuCo Oscar Award for his wonderful commitment, dedication, and participation in Student Council. He explains, "I'm so thankful for receiving this award! I am honored to be apart of StuCo's amazing community!"

Avery Michalak, Grade 11

Kira Dambly was awarded the StuCo Oscar Award for her long term involvement in Student Council. She is always helping with out of school and in school events. Kira Dambly states, "I love contributing to the community and helping others. I'm so grateful for receiving this award!"

Kira Dambly, Grade 12

Lifelong Learning

Academics

Making Your Mark

Acting In Class

Strike A Smile

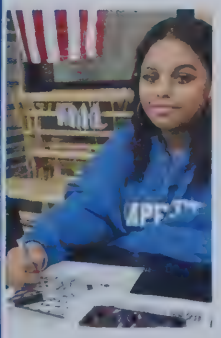
Sculpting A Future

Freshman Keoni Savoie says she likes biology due to its "fast pace as well as hands on nature," saying it's "her favorite activity." Here we see her participating in a fats, protein, and carbohydrates lab.

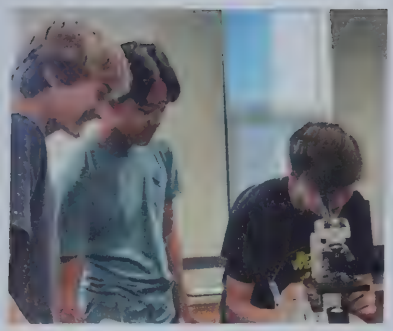
Senior Olivia Blando when asked about her pottery class, says "It's a lot of fun. I have made amazing friends from the class and there's a variety of projects." She adds that her favorite project is making mugs.

Sophomore Damian Rich when asked about our school's academics said that his favorite subject is English.

Sophomore Valeria Laferriere, when asked says that the academics are "okay" her favorite class being English and her favorite activities are the projects in English.

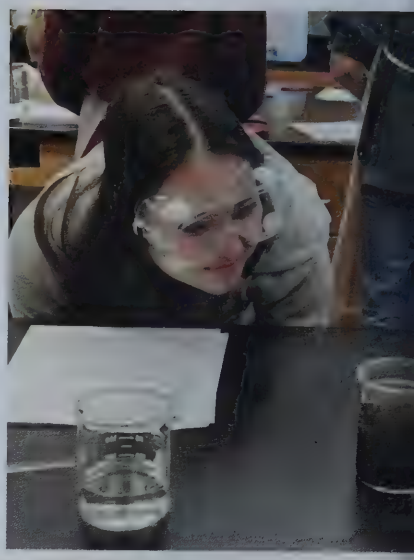


Freshman Lila Appling's favorite class is art and she likes drawing in particular. She also says she likes all her teachers so far .



MICROSCOPE FUN. Freshmen Todd DeRose, Ethan Zhu, and Keegan Blood learn how to use the microscope. In Biology class, students viewed different slides in their lab. "I love science, especially biology, because it's a lot more interactive during labs," DeRose stated.

ALL THE DATA. Freshman Julie Ann Peterson takes notes on her lab. "One of the best parts about science class is getting to spend time learning and having fun with my classmates in the lab," Peterson said.



WAIT FOR IT. Senior Misa Genest and junior Erin Farrell watch as they transform copper into different compounds. In this AP Chemistry lab, students performed reactions that happen in the copper cycle. "I love chemistry. It's my favorite branch of science because I love doing experiments, and learning about elements in the periodic table," Genest explained.

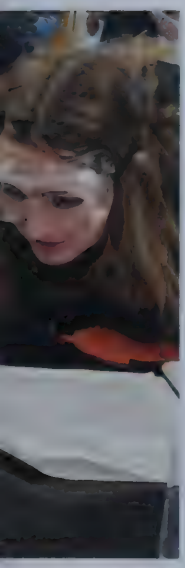
BUBBLES AND FOAM. Seniors Aiden Folger, Will Glaser, Jake Rosen, Misa Genest, and sophomore Eddie Goodwin mix their copper solutions as they progress through the copper cycle in their AP Chemistry class. "Discovering how the world works, from atoms to complex ecosystems, is amazing. Every branch of science connects with each other, setting laws to help explain the workings of another," Goodwin described.

THERE'S A METHOD TO THE MADNESS!

NEW EXPERIENCES. Junior Lauren Gunagan shows off the current dissection in her Anatomy class. "Dissecting a brain and an eyeball was a very interesting experience," Gunagan stated.

IT'S IN THE DETAILS. Senior Zoey Zhu dissects a sheep's brain. As part of her anatomy lab, students observed brain structure and function. "There's always the initial surprise, but once you look closer, it's really interesting to see how life functions on a daily basis," Zhu noted.

PRECISION IS KEY. Seniors Grace Smith and Tessa Kline observe muscles on a chicken wing. This anatomy lab was the second dissection carried out in the fall semester of the class. "I will never look at a chicken wing the same way again," Kline said.



LIVIN' IN THE LAB

HOW TO BECOME A MAD SCIENTIST AT TANTASQUA:

Step 1: Put on your gear- lab coat, goggles, close-toed shoes, and hair pulled back! Our scientists here at Tantasqua carry out many labs in various science classes. Our lab materials contain everything from bubbling acids to sizzling hot plates to sharp scalpels. The mad scientist uniform is very important to keeping our genius safe!

Step 2: Concentrate your brilliance on a problem. Create your hypothesis, define your variables, and assign your groups. Carefully assess your master plan. All hands on deck!

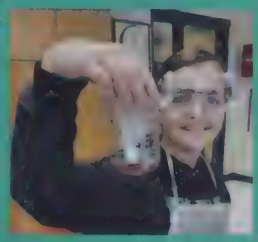
Step 3: Experiment time! Carry out the master plan (safely). It may be trial by fire, but as the mad scientists of Tantasqua, we will persevere. Collect all that important data, and adjust the experiment if needed. Note anything particularly odd happening.

Step 4: Analyze all that mysterious data. Tell the class what the mind-boggling numbers represent. Draw some graphs and diagrams, and compare your data to other results. What did you prove?

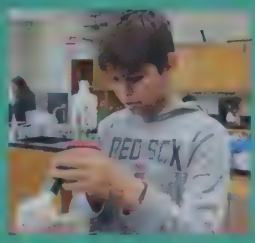
Step 5: Cackle over your success. Mad scientists here at Tantasqua are not only logical, but creative in their questions, designs, and solutions. Invite your peers to look at your brilliant work. Write up that formal lab report and answer all of the reporter's follow up questions (by which we mean the teacher's questions). Contemplate your ingenious findings some more. Repeat!

CHEMISTRY JOKES.
"Did you hear about Freddie Mercury's brother from Queen? His name was Johnny Zinc!"
Jake Rosen, Grade 12

INFINITE POSSIBILITIES.
"Everything is theoretically impossible until it's done."
James Egan, Grade 11



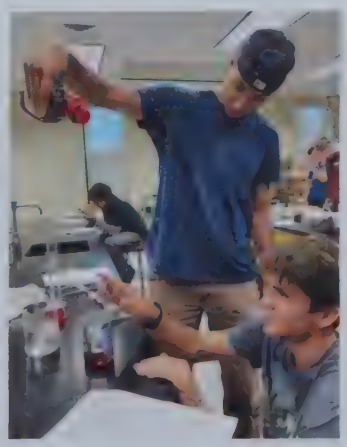
WISE WORDS.
"Two words from my favorite scientist, Bill Nye: Science rules."
Hailey Frisella, Grade 12



NEW SKILLS.
"I love science because you can look at really small things on the microscope. I have never used a microscope before high school, so it was really cool!."
Adrien Lamas, Grade 9

HANDS ON.
"It's nice to be able to carry out hands-on experiments with others after the pandemic."
Bee Costa, Grade 10

LAB LIFE. Students from various science classes—Anatomy, Biology, and Chemistry—perform various types of labs. "Science is the path to discovery not commonly walked," Jack Huckins, an Anatomy student, reflected. "Labs are engaging, allowing us to be independent and explore our own questions," Cassidy Chaisson, an AP Chemistry student, added.



DON'T BREAK THE EGG!

Juniors Bryce Tessier and Camden Foley pour maple syrup into a beaker. This was a lab done in Anatomy class testing osmosis in cells. Chicken eggs acted as cells in this lab, and were placed in various liquids to see the effects on the egg. "We're not taking any chances with our egg. I'm just testing the maple syrup to make sure it's safe," said Foley.

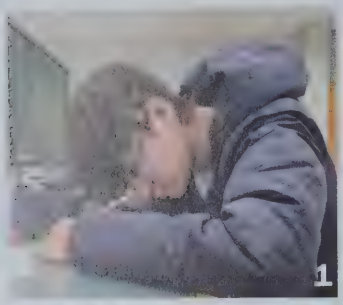
"TAKING IT ONE STEP AT A TIME"

MATHEMATICS

1. Statistically Speaking... Student Keanu Lawrence says "I love statistics. It's so applicable to every day life, like predicting football plays. I'm good with numbers, so it's a good class for me."

2. Teamwork Makes the Dream Work. Freshmen in Mr.Steensen's C block algebra class work hard to complete a worksheet.

3. Shaping up for the future. Sophomore Reid Thompson sports a big smile in his Geometry class. "I'm not really sure where I want to go in life- but I'm sure the skills I've learned along the way in math will help me to get me where I need to be."



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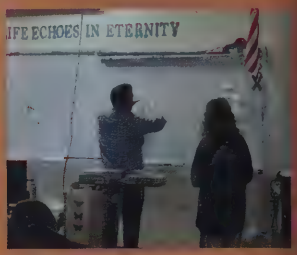
NEW TEACHER SPOTLIGHT

This year is Ms. Moccio's first year teaching here at Tantasqua. Her favorite subject to teach is Geometry, because it is a different type of math that requires students to think critically. Ms. Moccio chose to teach at Tantasqua as she had heard a lot of good things about the school, and she wanted to teach at a public school with a good learning environment. She said that she had some inspiration for becoming a math teacher, saying she's always been passionate about it, and she decided to use that passion to expand the minds of young students.

Ms. Moccio provides some wise words of advice for students, saying, "Even if a problem presents itself and it looks scary, don't shut down. Just try it, it'll show you attempted to learn." Miss.Moccio also shared the importance of time management, saying the way to academic success is having a set study schedule and sticking through it. She acknowledges that it can sometimes be overwhelming to have a set study schedule, saying, "It is doable, if you keep yourself to your schedule you will be able to meet your goals."

MATH IN ACTION



MR.STEENSEN

"I like to relate things that we're doing in class to what the kids understand, the real world stuff." Mr.Steensen's whole family has gone to Tantasqua- from his granddad to his own son today- there's been a Steensen in the Tantasqua school building every year since 1960!

SARAH GRYBOWSKI

Sarah is a sophomore here at Tantasqua. "My favorite thing to do in math is definitely slope- it's so easy!"

Pictured above: Sarah jokingly breathes into a paper bag in anticipation of her upcoming math midterm test.

MATH DEPARTMENT

Teachers show off their Halloween spirit wearing matching EXPO marker costumes.

They can be seen dressed in hats and aprons with the EXPO logo in an array of colors!

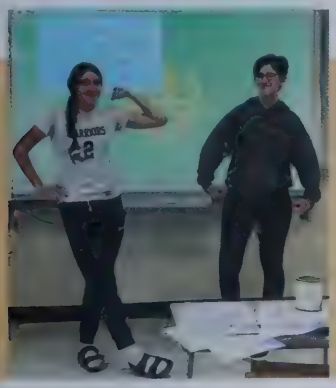
Foreign Language

There are many different Spanish cultures. Here is a mask that a student had made for Mrs. Reece. Sarah Parsons, Todd DeRose, and Jonas Kupranowicz laugh together as they pose for a picture showing their excitement for learning a new language. Sarah says, "Mrs. Reece makes Spanish enjoyable to learn. She's a very fun and outgoing teacher. Her fun expressions makes me want to learn more."

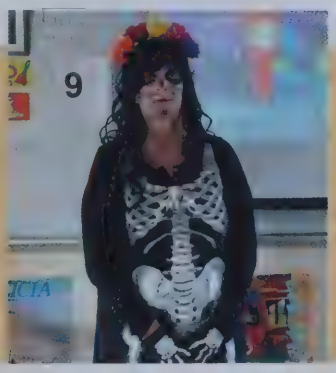
Tantasqua offers Spanish classes in person, along with French, Chinese, Latin, and American Sign Language online. Learning a new language requires a lot of hard work, but it definitely pays off. Many people around the world are multilingual, which makes traveling much easier. Students have mentioned that they are able to pick up some of the conversations they hear outside of school. Being able to understand what people are saying makes the students more confident in their ability to learn. Speaking a language and being able to understand a language are very different. Throughout the classes, teachers don't just teach new vocabulary words, they also teach about the culture behind each language. At Tantasqua, the teachers make sure that the students practice writing and speaking. By singing songs and putting on plays, the class shows their skills they've learned. Learning a new language can be a challenge, and be really difficult for some. When asked, what advice you would share with someone learning a new language, Mrs. Ledeboer, a teacher at Tantasqua explains, "In the end, you just need to relax and take risks." Advice like this could be used not only in language classes, but also your everyday life.

(Above) Kaelyn Caron, Willow Anderson, and Leah Schweyer
(Right) Ethan LaPlante, Jake Bertrand, Jonas Kupranowicz, and Zachary LaFrance

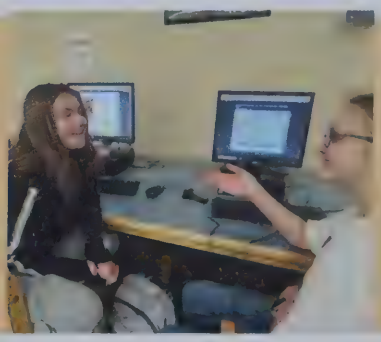
Around the World



Learning their new vocabulary, Mrs. Reece's class plays charades. Together the Spanish class takes turns acting out and guessing the new words. This time Tess Alexander and Ella Reed were demonstrating the word "arm" as the rest of the class guesses.



For Halloween, Mrs. Ledeboer a Spanish teacher at Tantasqua, shows off some Spanish culture. She is dressed as a sugar skull also known as a calavera. The calavera is one of the many elements of the Day of the Dead festivities.



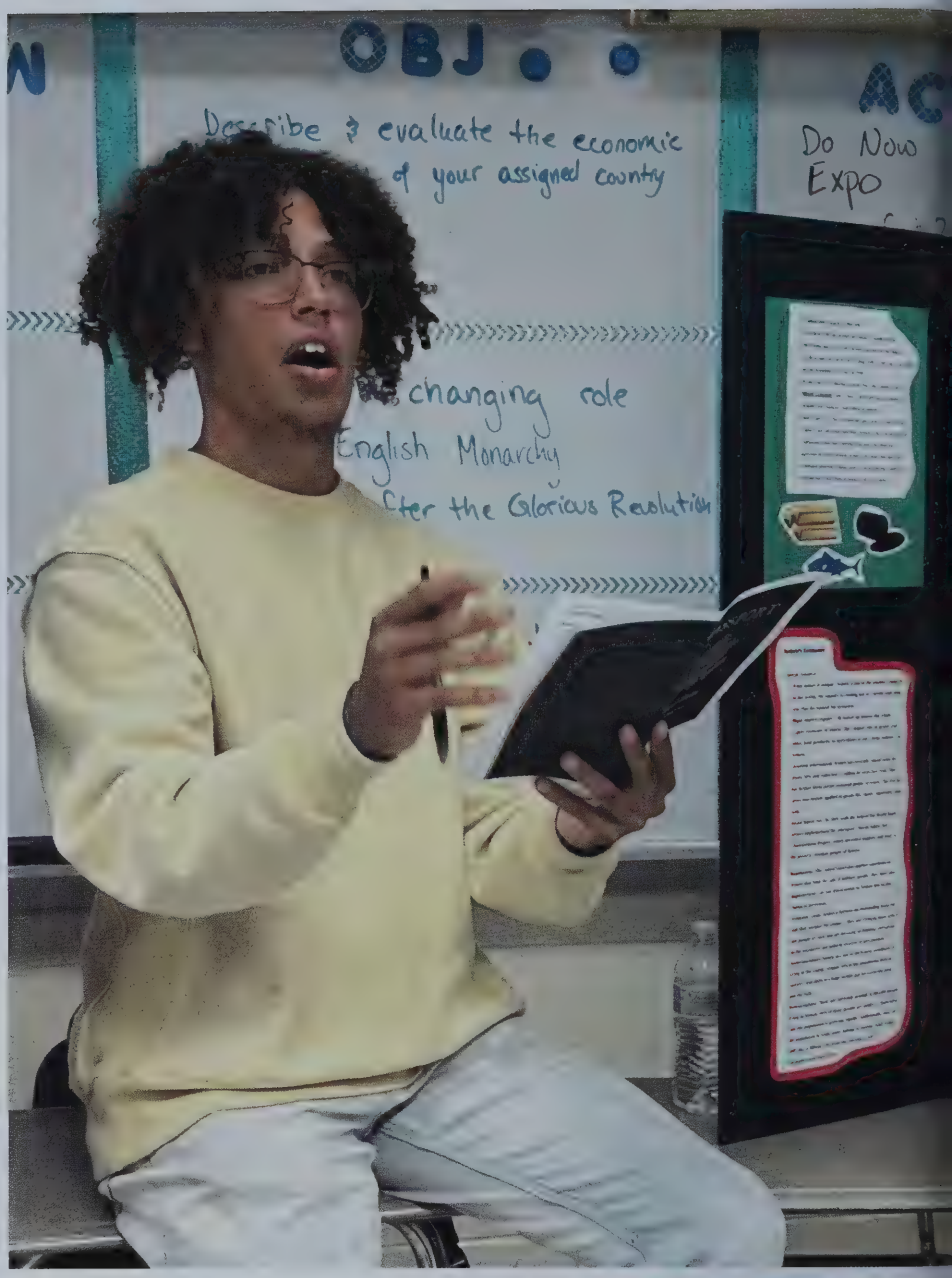
Here, Sadie Touloumtzis and Isabella Neslusan talk about their current online French class in the library. Sadie says "it has been really awkward without a teacher this year, but we like the subject so the class is still very enjoyable."

Economics at Tantasqua is a course where students are introduced to the basics of micro and macro economics as well as personal finance. This course was taught this year by Ms. Parks. Here's what students have to say about it:

Why Did You Choose to Take Economics?
Top Left: Senior Connor Babcock says, "I chose to take economics because I plan on majoring in business, and a basic understanding of economics will help me in that field."
Top Right: Junior Dylan Carter says, "I've had Ms.Parks before and she's a great teacher. And being in Business Technology, the class doubles down on money and finance."
Bottom Left: Junior Alexandra Matheson says, I want to follow in my father's footsteps."
Bottom Right: Avant Fitzpatrick says, "I took this class because I wanted to learn more about the economy and money to figure out how the world works. I also like how it teaches you to navigate through the world."

Laying Down the Law

Law students are being sworn in for a mock trial. In this class, created by Mr. Lafortune, the course uses real life and hypothetical legal situations and hands on debates, mock trials, simulations, and discussions to teach students about various aspects of the law and its role in the everyday lives of teens and young adults in the United States today.



AP Literature Fun. Ms.St.Jean and her AP students show school spirit during homecoming spirit week! Lots of decades represented.

Examining Big Questions. Sophomore Zoe Little reads and takes notes on the book Lord of the Flies in Ms.Willard's English class. The class is finding symbols throughout the novel. Zoe said "I like Lord of the Flies because William Golding's interpretation of how kids would act without rules of civilization is very interesting."

Cultivating the Imagination in History and English Classes

Exploring the Humanities

In the English and History departments, students work collectively to either learn about our past or read about important figures and life-changing stories. Student Adrian Fuller said, "I enjoy English because of the variety of books and people you learn about; I also like the challenge of the different languages." When students were interviewed, most agreed with what Adrian says; they liked the different figures they learned about in memoirs or biographies, and they also enjoyed the variety of literature that was presented in the class.The same can be said about history. Sophomore Julia Milam says "APUSH is a class that really makes a person think. It's a great class option for someone who wants a challenge to expand their minds and learn about our past." Senior Henry Blake, especially likes how Tantasqua offers electives, so students can explore their own interests. Henry is currently taking the English department's cinema class and says "I like how we watch films and then analyze and discuss them and learn about what's going on behind the scenes." These classes challenge students to grow and expand their knowledge beyond the obvious.

Fresh Air. Ms. Bigg's English class collaborating on a group project on the Cornerstone patio.

"What's your favorite book?"

"I love Stephen King. Right now I'm reading The Stand. The subject matter reminds me of what we just endured with the Covid 19 epidemic."
Claire Hill, Senior

"I like The Outsiders. I like the quote 'I knew he would be dead, because Dally Winston wanted to be dead and he always got what he wanted.'"
Connor Payne, Sophomore

"I like the book The Book Thief because I like historical fiction. I also like mysteries."
Taylor Kelly, Freshman

"I like Phantom Tollbooth by Norton Juster. I find it very funny."
Gabe Recore, Junior

"I like Of Mice And Men, it's got a good plot and ends in tragedy. It's very simple, and you don't have to think about it too hard."
Nick Casperaites, Sophomore

Question of the Week!

Media students ask their peers a question a week to get to know them. Their responses are then broadcast during advisories.

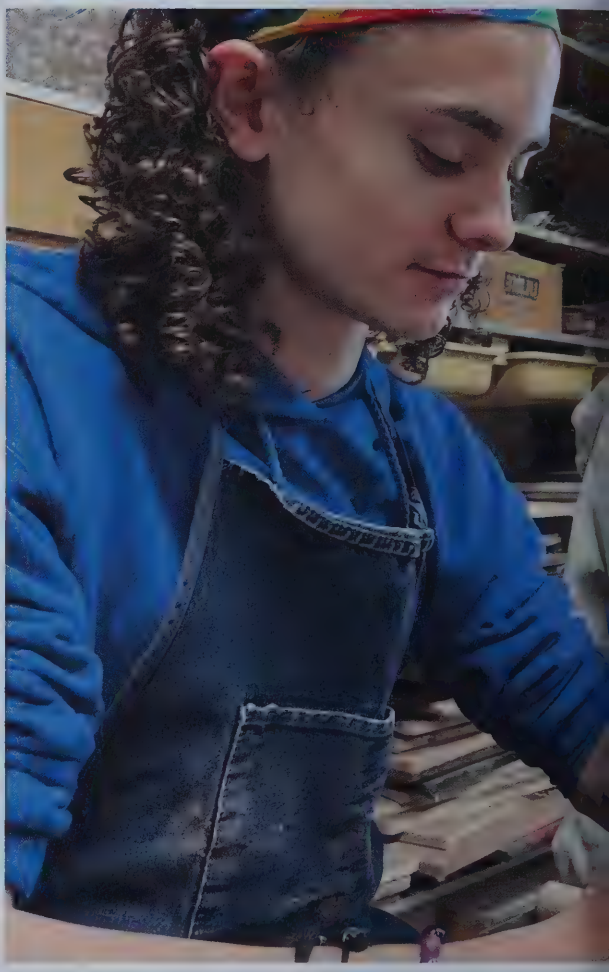
Tantasqua Fine Arts

Painting Patrick Dunn and Jack Ricci show off their art collages they made for their painting class.

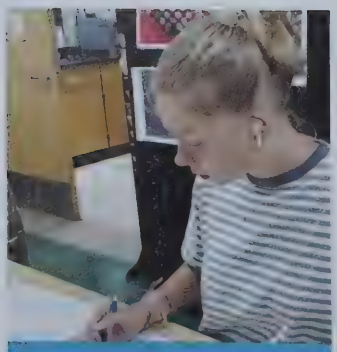
Art Club

Hocus Pocus. Art club works on their annual contest for the Public House scarecrow contest They work on making all three Sanderson sisters Winifred, Mary, and Sarah. The scarecrows were displayed outside the public library across from the Public House.

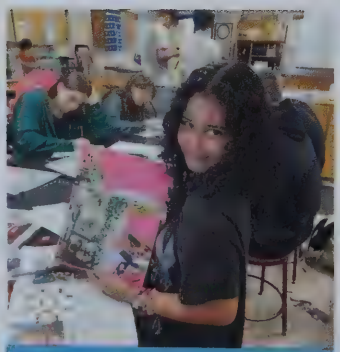
Pottery. Senior Kelsie Wotton works on her project for her pottery class, she smooths the surfaces of her art and works it to perfection.



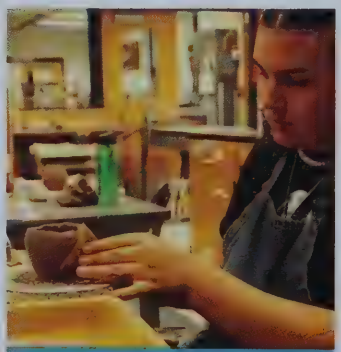
Sculpture. Seniors Jadyn Kiley and Maxwell Milazzo sculpt their clay using their hands and pottery wheels. "We were pottery-ing it up that day. I was making a cereal bowl," Jadyn Kiley said.



Claire Hill, Senior



Jennelee Colon, Junior



Arthur Davidson, Senior

APPRECIATING THE ARTS

Art class can be a class to look forward to. While other classes can be stressful, creating art can be a stress reliever. It can be a good, healthy way to relax.

Students are using many different art classes to create art that represents them. Whether it be painting, sculpting, sketching, or whatever it may be, art can make people feel many different emotions.

Many art students can agree that art can be calming and an escape from reality. It's a way to forget about the stress of everyday life and focus on creating something you love.

Art is also a way to express your feelings. You can channel your emotions through art, and it may be easier to create something that represents your feelings rather than explaining them.

"It's like a form of therapy to relieve my brain," says Junior Sam Derose. "Art can express emotion and relate to different peoples' feelings and interpretations of the world and life."

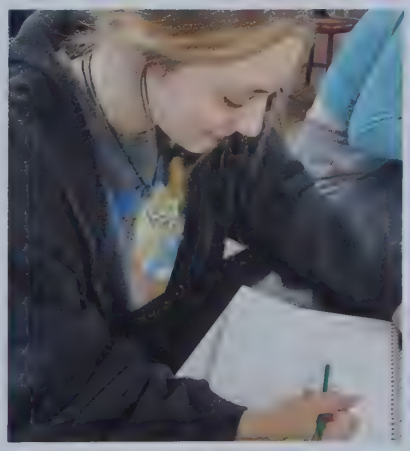
Sophomore Madison Luce comments, "I like how creative you get to be. You get to express your feelings and emotions. I like the friendly atmosphere."

"I painted this because I wanted to work on self portraits and drawing faces. I painted it using acrylic paint."
Sam Derose, Junior

"This is a self portrait based on reality and my imagination. This was my favorite project all semester."
Gabrielle Bourbeau, Sophomore

Zentangles

EXPRESS YOURSELF. In painting class, students work on their zentangles, a miniature abstract work of art. "We're making art out of zentangles and using different shapes and textures to express ourselves," says junior Jennelee Colon.



Painting Class

MUSHROOM ART. In painting class, Zoe Derkaz-Forrest sketches her zentangle drawing. "A zentangle is a lot of shapes. Drawing them is calming. I drew a zentangle of a mushroom because I like mushrooms," Zoe said.

Making Music

Music is a passion for many people. It affects people on the daily basis even if they don't realize it. Whether listing to music or creating it, it can have a dramatic impact on your life.

Experiencing the art of music is a pleasure many students get to enjoy at Tantasqua. People get to create music, listen, and learn about the music they are passionate about. Music can also be a way for people to connect with one another. "I joined band this year as a junior and everybody already knew each other and I've never felt so welcomed and supported as someone new. I love the teamwork and how it's intellectually challenging," said Junior Madelina Pentoney.

Many take the creative liberty and make pieces for others to enjoy, and many get to connect with the artist who made the music and go throughout the journey the artist had made. You can get lost in the music you are listening to. "It's really just a feeling thing I do in my spare time. It helps me feel better and it's just really fun. I would eventually like to start a band and write my own songs, but I definitely want to incorporate drawing and painting into that." Freshman Avery Adams says.

Making music is important to many, even if they think about it or not. Students at Tantasqua get the chance to experience all types of music and use that knowledge to create, explore, and enhance their lives.

PRACTICE MAKES PERFECT! Tantasqua band students Emma Raymond, Madalina Sousa, and Julianna Suarez play "Shenandoah" in preparation for their first performance on October 27. They practiced hard to make sure everything was perfect. "I feel nervous... but it always goes well in the end because we're always prepared," Emma Raymond said.

Choraleers. Before the pep rally begins, the Choraleers sing the national anthem in the gym. Junior Phyn Garcia said "In Choraleers we were singing the national anthem. I like being in Choraleers because I've always loved music as a kid and Choraleers gives me and many others a chance to express ourselves."

Singing Our Hearts Out! Our Choir students do so amazing every practice and every performance; they never fail to surprise everyone with their talent.

Music Insider

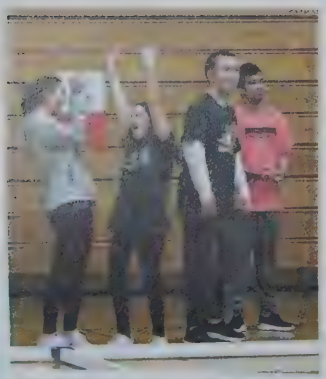
Get a quick inside look on your Tantasqua classmates in band and what they think!

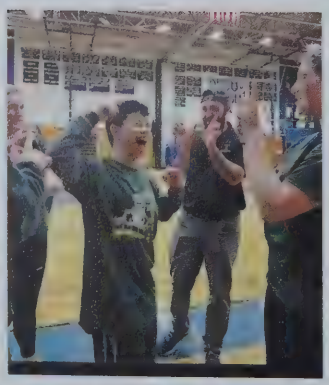
Strum Away. Ariel Dipietro is practicing the guitar. "Learning to play the guitar helped me a lot to understand music at a deeper level. I started recognizing the notes of the guitar in different songs."

Toot your own horn. Band class always grinds their hardest during practice. William Cooper (second to the left) says, "Band has been a roller coaster of opportunity and growth."

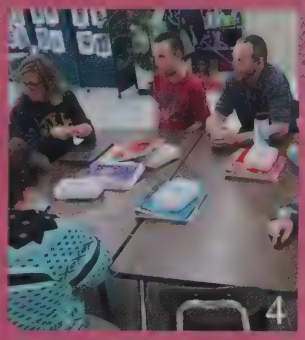
Piano. "Reading and playing music uniquely challenges your mind, and piano class makes my life better," says junior Brodie Hemingway.

UNIFIED BOCCE

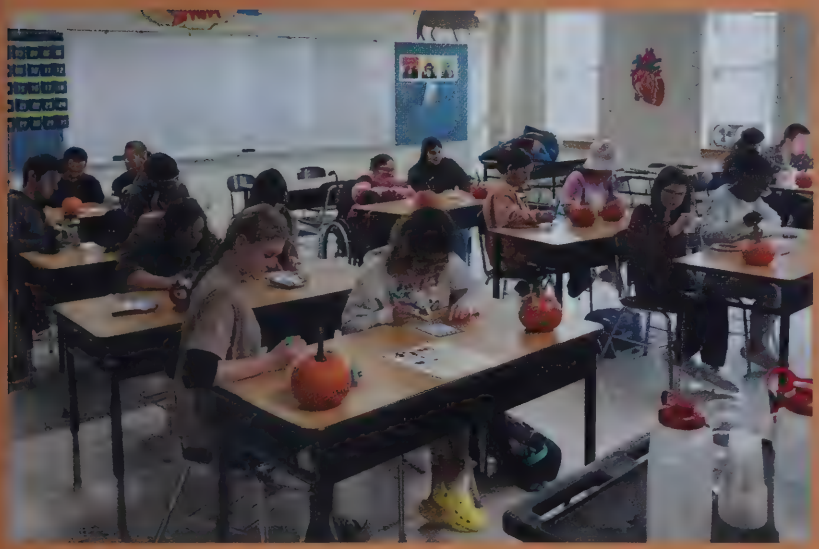




The Tantasqua Unified Bocce team traveled to Murdock High School in Murdock, Massachusetts for the Special Olympics of Massachusett's Unified Bocce event. They split into teams of four and play against four other students from other schools. The goal is to try to get their ball closest to the bocce ball and get points. The team played rounds and rounds of bocce with many, many wins. The fans in the stands, that traveled with them to the event cheered on all the teams during each round. The team gathered up for a group photo after the award ceremony to show off all their medals!



1.SEL Students sit in a circle during social emotional learning time. **2. Magical Music** Ella Grant teaches Daniel Wexler to play the vibraphone **3. Jammie Day** Cayleigh Serrenho (9) shows school spirit by participating in the spirit week! **4. Learning Time** Brett Selvey focuses on some academics as he does some work with his classmates and teachers **5. Pep Rally** Freshman Daniel Wexler throws the ball during knockout at the fall pep rally. The crowed cheered him on as he took home the win. **6. Rocking Around** Nina Gonzalez (11) rocks in the comfy rocking chair during SEL time.



PUMPKIN CARVING

For the fall season, the students carved pumpkin designs at the Success club, which picked up with other clubs throughout the school participates in many different events throughout the year including sports games and dodgeballs etc. Pumpkin decorating was a great activity to show students and get in the fall spirit.

PATHWAYS

PREPPING FOR SPRING SPORTS. Senior Henry Blake is in the gym working out for the baseball season. "I'm working out because it puts my mind at ease and keeps me in shape," he explains as he completes a set of tricep rope pulldowns.

YOGA TIME. Senior Gabe Laprade (shown above) enthusiastically participates in Yoga Friday. "Gym classes are great way to make everyone's day. Tantasqua has a lot of equipment that students may not have at home, but everyone gets the chance to actively participate with the equipment during gym classes that Tantasqua provides," Laprade explained. In Sports Fitness class, on Fridays students are given the option to participate in yoga. Ms. Evanski, a teacher in the Physical Education department, noted that it was a great way to "recover from daily stresses" and "relax the mind".

Healthy Lifestyles!

Tantasqua students are moving towards a healthier future! The wide variety of gym classes offered has opened up a plethora of new opportunities for students to learn new ways to connect with themselves. These classes take place in the field house, the weight room, outdoors, and even the pool!

Fitness for Life is a class that teaches students how to live a healthier, more balanced life through mindfulness-based stress reduction and healthy eating, alongside various aerobic activities. Freshman Andrew Quink praised the class, saying that it is a "refreshing break" from the rigors of daily school life that "helps you focus." Sophomore Makenna Perro added that she even "met some new friends" and "has a lot of fun" in the class.

Mind and Body Wellness is a gym class that addresses the relationship between mental and physical health, and students practice activities designed to support this bridge between mental and emotional wellness. The class also learns about nutrition, social media's role in mental health, and how to use mindfulness based stress reduction techniques to minimize stress.

Sports Fitness, referred to by students as "Sportsfit," is a course designed to supplement athletic and personal performances, including resistance training and cardiovascular conditioning. Students are assigned different workouts each day, and make use of Tantasqua's weight room which contains many different weightlifting machines and free weights.

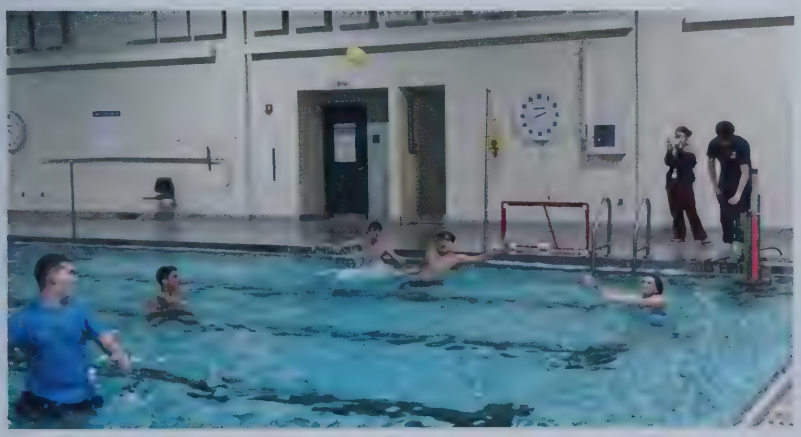
Team Sports is a class that allows students who want to be active through competitive team play, and students can also participate by assuming the responsibility of a coach, official, or statistician. Mr. Beveridge, who teaches Team Sports and Sports Fitness, emphasizes the "importance of physical activity, and building a healthy habit of being active every day."

Walking, Jogging, and Cardio Exercise, referred to by students as "Walk Jog," is designed to teach the student about walking and jogging for pleasure and fitness. The class also includes other alternate activities such as swimming, hiking, and aerobics. Senior Kaela Weber noted that it was a "great way to stay active each day, especially during the winter where going outside can be difficult."

Overall, physical education has helped students realize the impact of fitness and mindfulness in their lives. Senior Tarin Parsons reflects on her time in all of her gym classes, noting that they have taught her "the long-term benefits of staying active," and "how to set goals, and set out to achieve them."

"Yoga really helps me connect and understand myself."

Evelyn Spencer, Grade 9



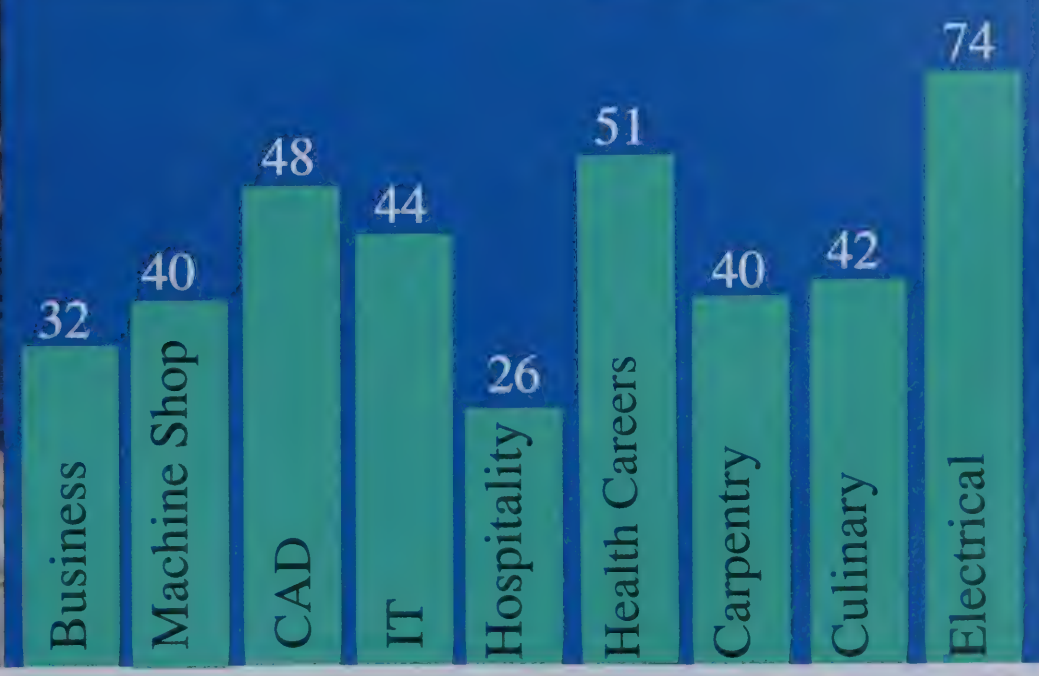
POOL TIME! Ms. Evanski's Sports Fitness class plays an intense game of water polo. On Fridays, students occasionally get to vote on either yoga or pool time. Freshman Daniel Neves noted that "Tantasqua is super lucky to have such a nice pool. It really helps to have some fun playing water polo on the days I want to cool off."

WARMING UP. During a class in Sports Fitness, Faith Cannon stretches before a workout. "Working out during gym class is a healthy way I can stay active." Cannon explains. Sports Fitness tends to focus on certain parts of the body each day, shown above is Leg Day.

Raising the Bar(n)

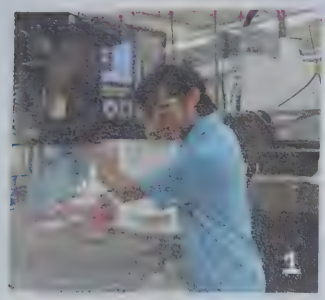
The Tantasqua Technical Division offers many different trades. The tech division consists of the health careers program which helps prepare students for a career in the medical field. Hospitality helps prepare students for a career in hotel and management. I.T (Information technology) teaches students about hardware and software fundamentals. In CAD (Computer aided drafting) students are introduced to different career opportunities associated with drafting and engineering. Machine shop teaches students everything they need to get into the manufacturing industry.

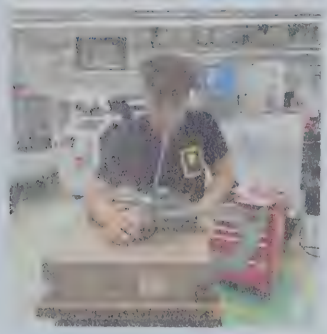
Business tech helps kids develop skills in manufacturing, marketing and management. Culinary arts teaches kids the essential skills needed to work in the restaurant industry. Electrical teaches kids about electrical theory, design and calculations. In carpentry students will be introduced to shop practices and will get prepared for a career in the carpentry field. The Business department helps students develop competency skills and prepares them for a career in business. Machine shop teaches students proper use of equipment typical to many manufacturing industries. The following graph illustrates the number of technical school students in each department.



ENGINEERING. SURVEYING. SOLUTIONS.

MANUFACTURING





1. Tech student **Cedric Dubois** monitors his work on a machine.
2. Junior **Brandon Brown** uses a piece of complex machinery to make a cut into metal during class.
3. **Mr Lariviere** and his student work together with the machines to create artwork on wood.

Machine
/mə' SHēn/
An apparatus using or applying mechanical power and having several parts, each with a definite function and together performing a particular task.

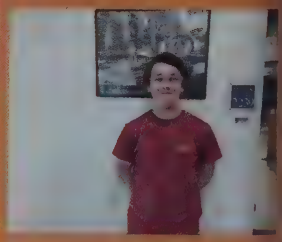
The students in Manufacturing Tech, work together like the parts of a big machine. They believe in teamwork and are always there to lend a helping hand, whenever one of them is in need. They treat each other with respect. Tasks in the manufacturing wing can get very difficult, which proves everyone needs to work together. The manufacturing students work hard no matter how simple the task, in order to produce the best quality work.

TOP. Junior **Jack Ricciuti** has a smart idea and uses a large hammer to adjust the handle on a complex machine.

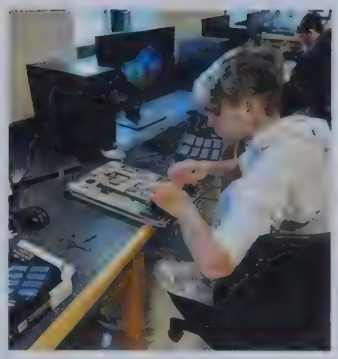
QUALITY IS KEY

William Kimball, 12
"I chose manufacturing because I'm interested in using so many different machines and learning all of the different operations that you can do."

Brandon Brown,11
"I like machine shop because I find being able to create things and being hands-on interesting- and it's a career where you can make a lot of money."



Morgen Swallow,11
"I like getting to do my own projects and I like learning about multiple forms of machining; there's a lot more you can do compared to some of the other techs."



LEFT: Gabryelle Fullen, a senior in IT, is working on a computer in the library. Gabryelle is one of the few females in Tantasqua's technical department. The aim is to get more females to join in the future. Hopefully, Gabryelle can be an inspiration for many girls to experience informational technology.

One of our many vocational options at antasqua is computer tech. With the orld advancing in technology, nformational Technology has become a igh demand job and there are many ranches of computer tech you can pecialize in. "The possibilities are ndless..."says IT teacher Ms. Espinoza. In T classes, students work together to ccomplish many tasks. They provide help o staff as well as members of the antasqua community.

Each year spent in IT is focused on a ifferent aspect of computer tech. he students learn computing undamentals, key applications, the ardware and operating system by roubleshooting, upgrading and naintaining, project management, graphic and web design, animation, and advanced networking.

Using what they've learned, some students are even able to test their skills off-site instead of just in the classroom or throughout the school. Alex Fairbrother says, "I like troubleshooting problems so this field is perfect for me. Technical classes are very beneficial, many students can get job offers when they're finished with high school. Andrew Soderberg says, "There are lots of job opportunities in IT that I am excited about." The students really enjoy working with one another and have formed bonds they will never forget. "We're a really good tight family," says Jacob Van Lingen, a current senior in IT.

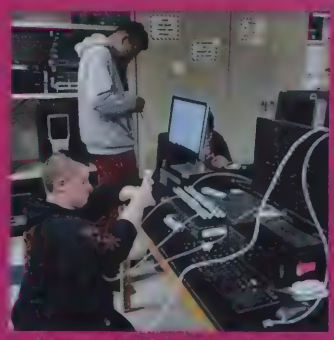
Griffin Smith, Joseph Przybycien, Quinn Blood, Maxwell Milazzo, and Corbin Gadbois putting their skills to the test. Here they are working on building and putting together some computer parts.

Informational Technology

Experience IT!

Gabryelle Fullen, Jacob Van Lingen, Robert Sacco, and Griffin Smith volunteer their time and skill by helping out at the annual craft fair held at Tantasqua!

Johnathon Beford, Joseph Przybycien, Maxwell Milazzo, and Griffin Smith are debating how they should attempt their project while testing out their ideas.



Alexandra Strickland and Pablo Brambila are absorbed in putting together a computer and setting it up.

ALL FOR MADDIE

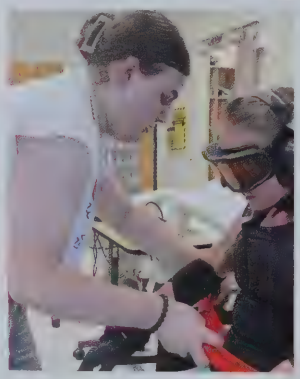
In the beginning of September 2022, senior Health Careers student Madeline Lancour, went through a traumatic medical emergency which left her permanently blind in both eyes. After being in the hospital for a little over a month, she was able to go home, but nothing is the same, and home doesn't feel like home. Through this tough time she had her amazing classmates, teammates, friends and family by her side to keep her smiling through this challenging time.

Health careers seniors visited Madeline in September while she was still in the hospital. They spent the time hanging out with her, trying to make her feel happy again. The health career students really enjoyed seeing her again after she had been gone a while.

Back row left to right: Olivia Magierowski, Emily Moran, Grace Alden, Lily Prest, Elizabeth Tebo, Kyrah Langille. Middle row: Amber Dejordy, Caydence Plouffe, Sierra Murray, Madeline Lancour, Arthur Davidson, Sheridan Knapik, Mallory Perri. Front: Alexander Walton

Seniors Kyrah Langille and Caydence Plouffe are practicing "repositioning". This is defined as the movement of a patient, from one position to another, with the intention of relieving or redistributing pressure on the body tissue. This is most likely used when there is a certain area of the body that has been damaged or infected and the patient needs to be moved without feeling any pain or pressure in the area that has been harmed or infected.

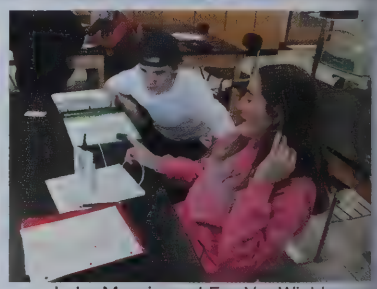
As shown in this picture of Arthur Davidson, Alexander Walton, and Amber Dejordy, the Health Career seniors are learning the steps on how to properly shave. Some practiced alone, some practiced in pairs and in some practiced in groups.



Seniors Arthur Davidson, Olivia Magierowski, and Sheridan Knapik are practicing a simulation where one person puts on a suit that restricts movement, and goggles that are designed so you can't see. These simulations are intended to teach students empathy and understanding of their patients' conditions.

The health career juniors are practicing taking each other's pulses. Checking your pulse is important because, if your pulse is fast it could mean you are dehydrated or have an infection.

Norah Wilson and Alexis Yap



Luke Marvin and Eve VanWickler

The entire Health Careers department at Tantasqua participated in an Alzheimer's kids run this year. This event was to raise and spread awareness about people who suffer from Alzheimer's disease. It's also a way to stay healthy themselves!

Grace Alden, Avianna Gregoire, Maggie Johnson, Carsyn Knapik, Emma Lord, Olivia Magierowski, Emily Ogden, Toby Peret, Mallory Perri, Alexa Perron, Lily Prest, Norah Wilson, Alexis Yap

A Healthy Career

DEVELOPING HEALTHY HABITS! A four year long course in health care at Tantasqua's Technical Division is about discovering how one can help change a person's life. Being involved in the program helps students when getting introduced to the medical field outside of school. Health Careers is a great way option to help mold students into becoming heroes. Students can use what they learn in class for hands on field experience. For the freshman and sophomores, this is an every other day class, switching off with an elective of their choice. For the juniors they have the class every day at the end of the day. For the seniors this is an every day twice a day class, increasing the amount of time each year they spend studying the Health Career program. While being a member of this program, students should be expected to put in a lot of time and effort, but also enjoy the learning and creating close bonds within the class. While in health careers, you learn many medical terms, and get an in depth look at how our bodies work. Even though it might seem easy, you have to be well trained and well equipped to go to clinical. Clinical is where seniors are assigned to go to hospitals or other sites, and practice what they've learned in class. Health Careers gives many students a great look into the nursing field. Out of the 6 technical divisions, Health Careers is one of the more difficult ones. Our three brilliant teachers Mrs. Cartwright, Mrs. Depace, and Mrs. Dalrymple, who also work in the community as nurses, help guide all the health career students in the right direction. Health Careers student Caydence Plouffe says "It is difficult a lot of times, but putting in a lot of effort, and trying my best has really paid off."

Left to right: Alexander Walton, Grace Alden, Mallory Perri.

Sheridan Knapik and Sierra Murray.

Lily Prest

Health Career Seniors get the opportunity to be taken to clinics in both long-term and acute care settings. while at clinical seniors get the chance to practice hands on, on actual patients. The seniors go to clinical on Mondays, Wednesdays, and Fridays during school.

Boston Science Museum

Arthur Davidson and Amber Dejordy

Back row: Arthur Davidson, Caydence Plouffe, Sheridan Knapik, Grace Alden, Elizabeth Yeon, Olivia Magliocchetti, Lily Prest. Middle row: Sierra Murray, Emily Moran, Mallory Perri, Alexander Walton. Bottom row: Amber Dejordy, Kyrah Langille

Left to right: Caydence Plouffe, Kyrah Langille, and Emily Moran

Health careers started off the year with a fun trip to the Boston science museum, spending the whole day looking and interacting with all the exciting exhibitions. 1. Seniors Arthur Davidson and Amber Dejordy are interacting with an exhibition of the human body. 2. Seniors Caydence Plouffe, Kyrah Langille, and Emily Moran, and looking at another one of the interactive exhibitions.

Making Connections

Lighting the way

Light it Up. Seniors Mason Molina, Eric Romanoff, and Michael Fenner are installing a solar powered spotlight. Eric comments how "It's cool to see this technology in place."
Fun in the sun. Connor Weidler and Kyle Rodriguez celebrate after installing solar panels on the outside of the school;an important part of electrical is real world experience
Plan It Out. In the auditorium, Logan Frank (12) examines a blueprint. Electrical students often put their expertise to work around the school.

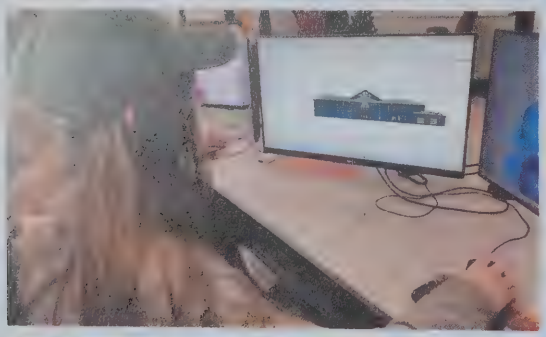
Electrical students use hands-on projects in the school and out to master their career as electricians.

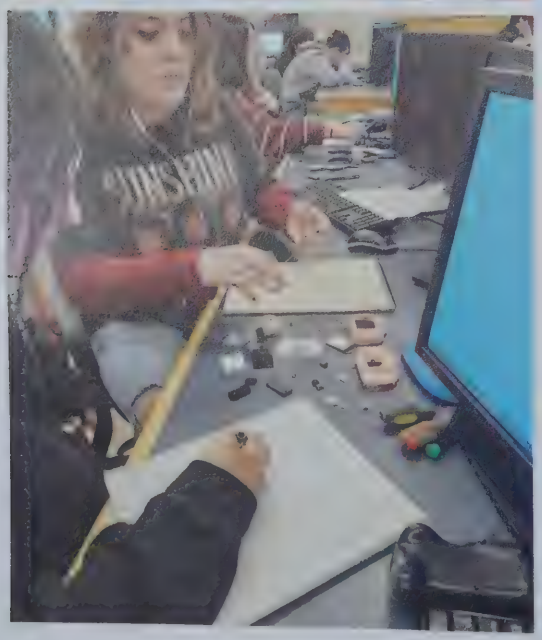
Tantasqua's electrical program is more than just screwing in a lightbulb - it's preparation for a career, and a set of incredibly useful technical skills that can be applied anywhere. Students are employed both in their community and the school itself, giving them extensive real world experience. Sophmore Anthony Borowy mentions " Electrical is a very tough class but the skills and knowledge you gain makes every day worth it".

From working with wires to lighting up an elementary school, the electrical program students gain a crucial ability, and give back to their community too. According to Mr. Lamothe, an electrical teacher, being an electrician is "the most rewarding job anyone can have... even if you can affect just one person's life, that's what matters."

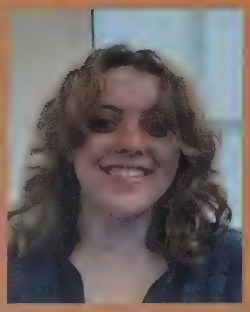
In addition to technical skills, the program teaches tech students something else: knowledge, work ethic, and respect. Electrical gives students opportunities for a bright future in a much needed field. Basically, electrical teacher Mr. Bachuan sums it up as "you get out what you put in".

Like clockwork. Balancing on a ladder, Johnavin Rhinehart (12) fixes one of the clocks in the electrical shop; hopefully he has the time to finish.
Not a pipe dream. Junior, Eddie Roy bends a pipe for the project he has been working on "If it was easy, everyone would do it."
Tools of the trade. Two juniors, Aaron Mahaney and Jace Hess are enjoying their choice of trade working together on a project. Jace says "Electrical is the spark of my day".





Drafting & Crafting



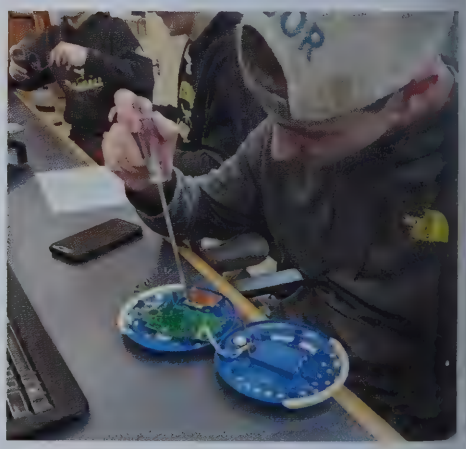
Junior Alexandra Lemovitz shares that "There is such a broad scale of what you can do in CAD, from graphic design to engineering."

Brayden Kida, another Junior in CAD, explains "I really enjoy being a part of this workshop, I have learned so many new things such as how to use commands, 3D print, and so much more."

Drafting/CAD is a workshop in the Tech Division that is focused on the use of computer programs. CAD stands for Computer-Aided Design, which is essentially the what the program is. A huge goal for people in CAD is to increase skills such as optimization, analysis, and the creation of design/ It focuses on 2 aspects; Mechanical and Architectural. Students in their sophomore year will spend one semester each for both of them. As junior year approaches, students will go back and forth in the mechanical or architectural aspects. Students currently in mechanical are given the resources required to become innovators for the future.

The architectural aspect is more focused on real world architecture, along with targeting landscape in order to best understand the field of architecture. Both programs in CAD offer multiple hands-on opportunities with chances for internships.

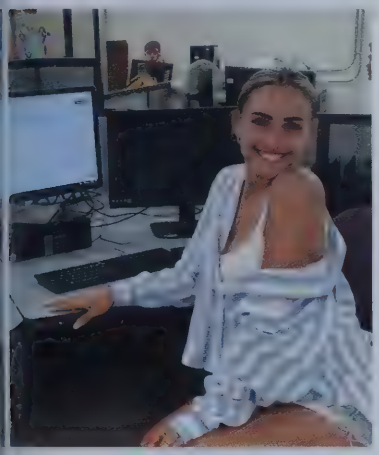
Emmalee Quintal, a junior in CAD shares that "This program gives us so many opportunities for after graduation, along with many chances for internships."

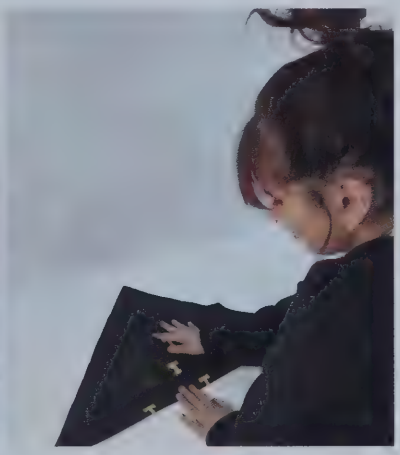


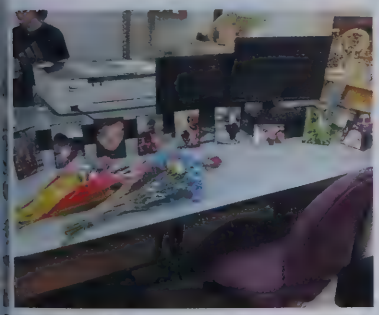
Back In Business

After a few difficult years of hybrid learning, Tantasqua Business Tech is back to work! This department of the tech division is a workshop targeted to individuals who are looking to someday pursue a career in business, go to college for business, or even open a business of their own. In business classes, students experience what the world of business is all about, and even work in an environment similar to an office space in individual cubicles! Lauren Gunagan, a Junior in Business expresses how, "This class is beneficial for real world skills and expanding your horizons, including accounting and understanding how the world works with business." Gunagan also shares, "The opportunities for applying this kind of knowledge are endless." Students in business tech gain real-world skills that will help them in any field they choose for their future careers!

Wilson Amott, a senior here in business says, "Being a part of business tech has really pushed me to learn about new things I never would have understood otherwise. There's a lot of valuable information to be attained by anyone looking to join a business-related field, or even entrepreneurs. You'll likely get a chance to flex your creative muscles as well, as we design a lot of products for the school store. Overall, it's a great opportunity for growth and learning."



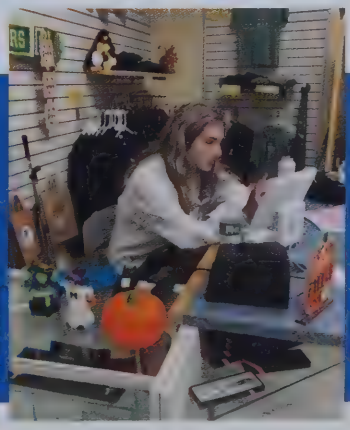




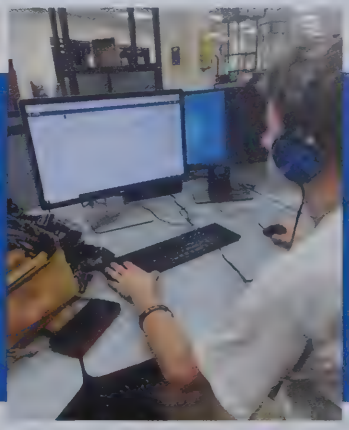
Earlier this year, business tech suffered the loss of a classmate, Dom Gardner. Dom brought smiles on the faces of everyone in the shop. Classmate and friend, David Treault says, "Dom could walk into a room with a bunch of sad people and make everyone laugh, we miss him a lot."

Let's Talk Business

"Teamwork is a big part of BusTech, we all work together to accomplish a goal together." says senior David Tetreault, who is pictured above working with Kayden Rodriguez.



Business students are in charge of running the school store. Above, senior Brooke Cadarette is managing online orders within the Tantasqua store.



"I like working in the cubicles, it really resembles a real life office, and the two monitors are great for getting multiple tasks done at once." Says student Keanu Lawrence.

" Being with Mr.Bernard and making Cole dance for money ."
Julianna Ross, 12

"When we had the flower fight
Lachelle Silvestri, 12

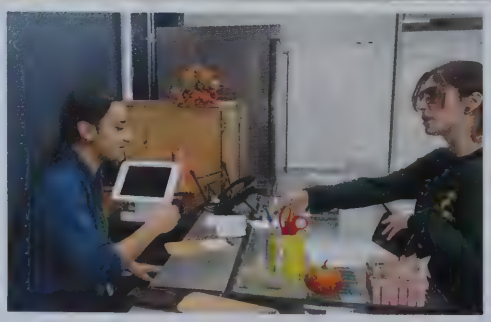
"Eating food that Culinary makes."
Cole Nussey 12

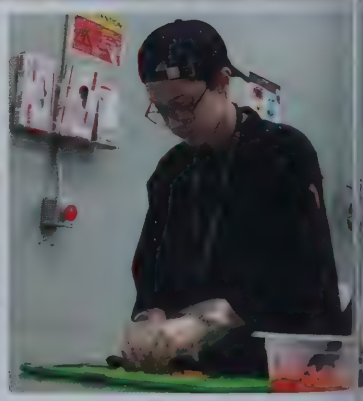
" When I made churros and put a pound of butter in water."
Hunter Willette, 12

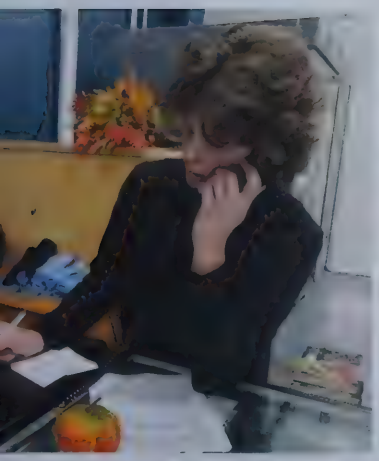
What is your favorite memory from culinary or hospitality classes?

Senior Lachelle Silvestri is making wraps and sandwiches for teachers and other staff members. Her job changes everyday based on what they are making.

The Cornerstone Cafe is open to the [illegible] and the school teachers. [illegible] offers up [illegible] country fried chicken [illegible] customers.







How can I help you?
Junior Cole Nussey answers the phone for Culinary. He is taking orders for either the high school staff or the public.

What's Cookin'?

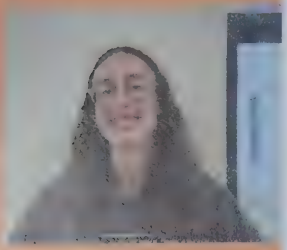
The hospitality and culinary departments at Tantasqua are very busy preparing and serving delicious food for our Tantasqua community. The restaurant, called The Cornerstone Cafe, is open to public and the staff in the building. The public can call and order food or come in and sit down. The restaurant is only open Wednesday - Friday. The students cook the food and even offer the convenience of delivery within the building. Seniors are mostly the ones who make the food. It is a very close-knit group of students who are like family to each other. The menu changes every week and they send it out to staff and put it on their website. The hospitality students are in charge of making collecting money, seating and serving people. The culinary students are in charge of preparing the meals, making sure everything is cooked all the way through and making sure the customers are satisfied. Everyone is responsible for something when the restaurant is open. When the restaurant is not open, both hospitality and culinary have their own things to do. They learn how to better their skills and get prepared for the week on Monday and Tuesday. They make sure everything is clean and that the restaurant is all set up for the public for the rest of the week.

repping. Brianna Woodard is getting food repared for when the estaurant opens. She is nixing ingredients ogether and giving them o someone to cook.

Lettuce Grow

Senior Hunter Willette harvests the lettuce that the culinary department grows for the restaurant. Can't get any fresher than this!

NOW YOU'RE TALKING



"No matter how much or how little we get done each day we feel accomplished and we get to create things that will be standing for hundreds of years and for generations to see."
-Jedidiah Seery, 12

"I like carpentry because it gives me the ability to learn a trade in high school and gives me the ability to find a job right out of high school."
-Pierce -Cassavant, 12

"My favorite thing about carpentry is being able to learn all of this now while knowing I'm setting my future up at the same time as graduating high school."
-Nicholas Azevedo, 12

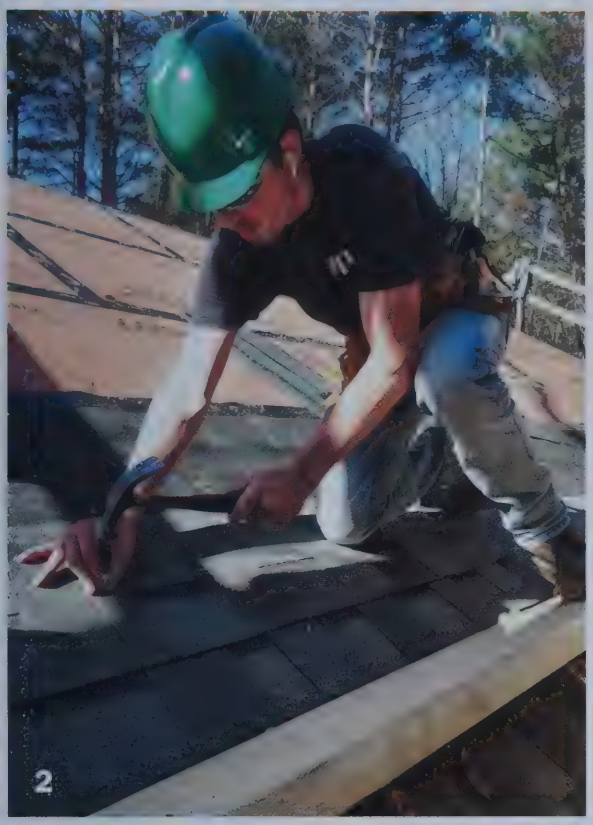
Building your path for the future? With Tantasqua's four year carpentry classes, you can. By joining the carpentry program, you are setting yourself up to learn practical life skills that many adults don't even have. This program focuses on building and construction, with students learning how to use many different tools and techniques to create something new. Carpentry refines students' skills in the practical application of math, along with focus and precision. The carpentry program sets up a safe learning environment in which students interact and learn from each other and their own experiences. The Tantasqua senior carpentry class does so much work throughout the day, often building things for people in our community. Mr. Seagen, the carpentry teacher, really takes his time each day to assess what needs to be done, and the carpenters make sure it all gets finished. "Carpentry is pretty intense, but I chose it because I really have a passion for it. I could see all the possibilities that it would open to me, and I knew there would be a lot of fun projects to work on throughout my time in the program," says Junior Adrienne Shaw.

Another Junior, Emma Peck comments "I chose carpentry because it's super hands on, and that is how I learn best. It's great because if you put in enough work and effort, you will always succeed." Carpentry students love their program and Junior Noah Aubin sums it up well, saying "Carpentry has been a truly wonderful experience for me, and I'm really grateful for the Tech Program at Tantasqua for allowing me to build my skill set for the future throughout high school."

1. Group Effort: The entire group of carpentry seniors gather for a picture to remember the day and celebrate their finished project.
2. Patch It Up: Senior Zachary Langlois works on the very methodical project of shingling a roof.
3. Job Well Done: Seniors Jack Thomas, Jedidiah Seery and Nicholar Azevedo admire their work after they fixed a broken fence.
4.On The Grind: Sophomore Angel Pacheco sands his wood block for a new project.
5. Attention To Detail: Junior Louis Hayes analyzes his work and makes sure all of his measurements and cuts are precise.
6. All Hands On Deck: Seniors Jack Thomas, Alex DeGray, Jackson Huot-Parent, Nicholas Azevedo and Jed Seery work together to prepare their material for building.
7.Clean Sweep: Senior Jack Thomas poses for the camera holding the broom he uses to clean up after a fun but messy class in carpentry.
8. Focus: Freshman Paige Rosen works on her side table during the carpentry portion of her Tech rotation, focusing closely to make sure her work is perfect.

NAILED IT!

The goal of carpentry is to give students an understanding and knowledge in the industrial field of construction. These students learn technical skills and assist in the fundamentals of complex operations and tasks.



Dig Deep

Ready to Serve. Casey Ellison has her game face on as she prepares to serve in a very close game.

Reverse Sweep. Senior Brooke Cadarette masterfully hits the ball up the field in spite of some tough competition.

Brotherhood

Relaxation & Fun

A Common Goal

What do you like about the sport you play?

Name: **Luke Boisvert**
Sport: Football
Grade: 12
He says "No other sports can create a bond of brotherhood that football creates. It also teaches you many life lessons. If it weren't for football, I wouldn't be the person I am today."

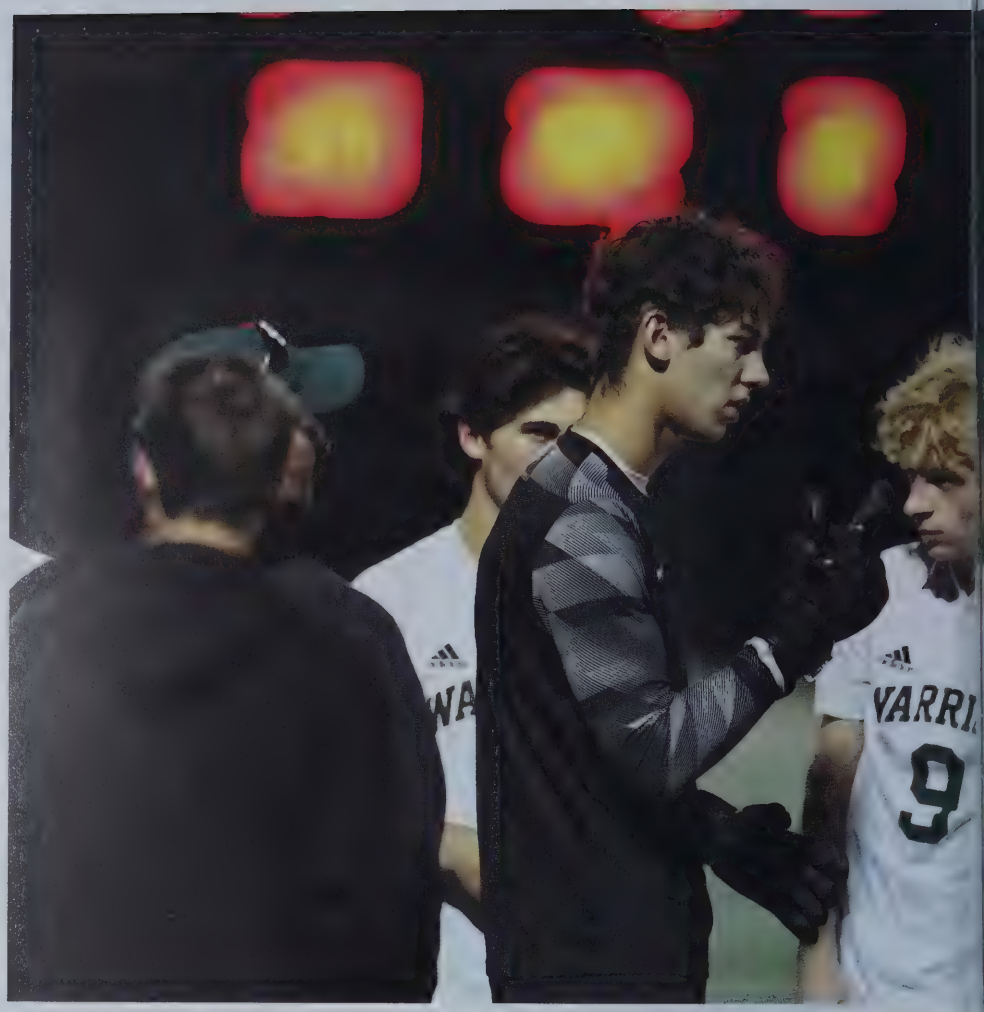
Name: **Avery Michalak**
Sport: Cross Country
Grade: 12
He says "Cross country is hard work, but it's the best form of relaxation out there. Plus, being outside in the fall is great."

Name: **Madison Luce**
Sport: Softball
Grade: 10
She says "I like the aspect of having a team were you work off each other and you can cheer each other up and be there for others."

All about the Kicks

Boys Soccer defies doubts and battles to the state tournament.

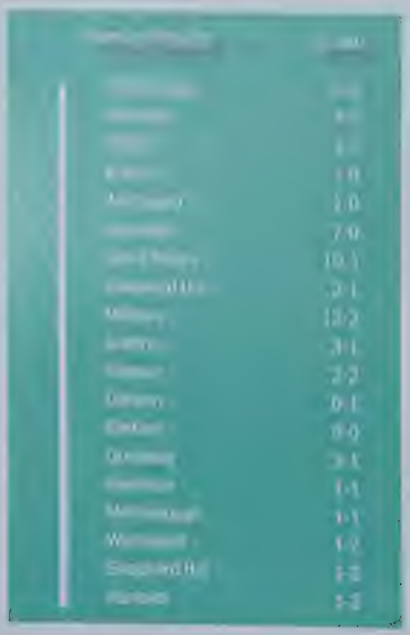
The boys soccer team is a close knit team both on the field and off. They approached the season with a mission: to win. The team was determined to prove their excellence. Captain Jimmy Casinghino defined the team as "a family, a band of brothers who all had each other's backs through thick and thin. We were the Tantasqua Warriors." The Warriors won twelve of their nineteen games and made it into the state tournament. "We poured our blood sweat and tears into this team... we went into every game ready to fight for each other to make sure we would walk away with a win...we played every game like it was our last" said Casinghino.



The Warriors work together to block a goal from the opposing team. Devin Krochmalnyckyj jumps to block another player from receiving the ball.

Right: Sophomore Ethan Parker throws the ball back into play.

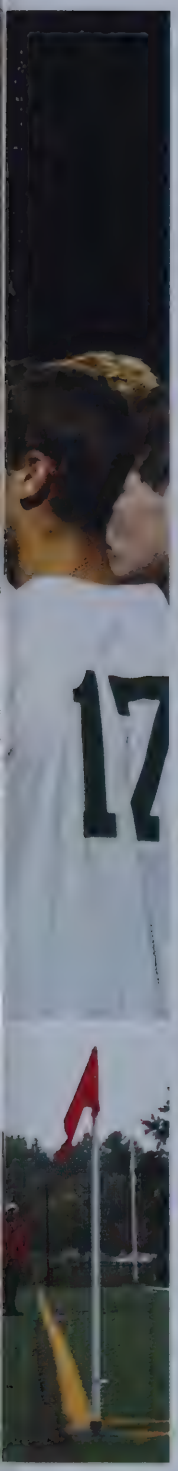
The Junior Varsity team also put up a fight this year. "A lot of Freshman had to step up and adjust from middle school to high school and they did better than anyone could've asked," said Captain Jeff Shaw. They fought hard against their opponents and proved they could hang with the tougher teams. When asked to describe the team Shaw said "We bonded as a family throughout the season who would all fight for each other. The JV soccer boys exemplified team work and growth in their skills this season.



GOOOOD DAELAN

If you had any classes with members of the boys soccer team this season, chances are you've heard a deep "gooooddd" come into their conversation. What started as a lighthearted way to poke fun at their teammates' mistakes, took the school by storm and became a common hallway phrase.

Boys Soccer



Left: Senior Captain, Braylon Casinghino makes a plan with his fellow teammates to try to take the win over Nashoba Regional . The game ended with a 1-1 tie.

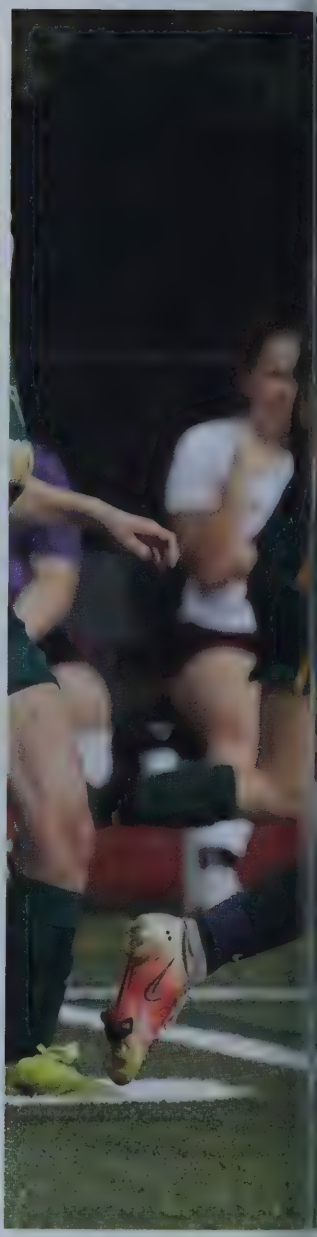
Right: Senior, Owen O'Brien blocks the ball from the opposing team.

Below: Junior, Trevor Harris fist bumps his fellow teammates at the start of the game.

TEAMWORK. Tantasqua players pass the ball down the field to score. Players shout to their teammates while they make plays, working together to secure a win.

Girls Soccer

1. Game Face On. Striker Lili Shiers, grade 10, is in game mode, awaiting the ball. Lili said " This team is the definition of a family." Lili really looks up to this team.
2. Not Just a Team. Defender Keelan Mader, grade 10, said "The season was super fun and all the girls were so supportive of each other." Keelan is showing her competitiveness.
3. Preparing to Win. Defender Nicki Vejack, grade 11, said " Without this team, I would not be able to play the way I do." Nicki is the definition of a true warrior.
4. Ready, Set, Go. Midfielder Ava Chevalier, grade 11, said " The hard work and dedication this teams puts in, really shows on the field." Ava can't wait to see what next season brings.
5. Fight Back. Midfielder Abby Rio, grade 11, said "This team has really made me feel loved and supported through everything, and I would do anything for them." Abby never gave up on the field.
6. **In her Element.** Midfielder Olivia Magierowski, grade 12, has been playing soccer forever. Olivia said,"This team means more than anything to me, and I wish them the best of luck for next year!" Watch out. here she comes.



2022 Team Captains
Ava Chevalier, Olivia Magierowski, Tess Chevalier, Grace St.Laurent

Kicking it Into the Offensive Zone. Eleanor Leland, Grade 11, always helping her team out with defending the goal. Eleanor states, "This years season was so successful, and I'm so glad I got to do it with my friends!" Eleanor never let up the back line.

The 2022 Girls Soccer Team had an extraordinary season. They battled some tough teams, and they always stood their ground. Teamwork played a huge role because of their compatibility and their loyalty to each other. They had many team-bonding opportunities which connected them so well.

Tantasqua Varsity

	US / THEM
Northbridge	1-0
Uxbridge	1-1
Oxford	4-0
Auburn	4-2
Notre Dame	5-1
Wachusett	3-0
Belchertown	0-0
Leicester	4-1
David Prouty	4-1
Shepherd Hill	2-0
Millbury	2-1
Grafton	0-2
Blackstone Valley	2-1
Bartlett	9-0
Quaboag	5-1
Ludlow	0-0
Westborough	2-1
Algonquin	0-4
Saugus	1-2

To win you need to score. To stay on top you need to stop the ball. To be a team player you need to be there for your girls. Being a warrior is not about being the best player on the field or having the coolest tricks. It's about putting in 100% effort and never giving up. It's about being a family and never letting your teammates down. This is the story about the girls' amazing soccer team. With a record of 13-2-3, the girls really proved who the warriors were. They had an amazing win 3-0 over Wachusett, which is a really tough team. Senior Olivia Magierowski said " We stood our ground and did not let up, and it really showed in our performance." The girls faced a tough loss against Grafton with a score of 0-2, but then came back with a win over Bartlett, with a score of 9-0. The whole season the girls showed lots of confidence and leadership. The girls looked forward to going to practice where they could let their goofy side out and have some fun while also putting in the hard work. The long bus rides to away games were so good after a long day of school because the music was blaring and the snacks were being passed around. Every single girl had a smile on her face coming off that bus. Without each other, the girls could not have had the season they had. Each girl was a key member, and they are all true warriors.

Field Hockey

1. About to Score: Senior Anna Talamini is fighting for the ball while Sheperd Hill is out to take it back. She has great stick skills and is able to take the ball all the way down the field past the other team.
2. Fighting for the Ball: Senior Brooke Cadarette is always all over the field. She can be anywhere at anytime if a teammate needs help. She is able to make the assists for goals by shoving the ball into the net whenever she's in the circle.
3. Got the Zoomies: Junior Sofia Fazzuoli has the whole field to herself as she races to the top of the circle. She has a great crossover that helps other teammates to score.
4. On Top of the World: Seniors Alivia Facteau and Brooke Cadarette are seen at the top of the circle ready to score a goal. Alivia has a great sweep which has scored lots of goals this season from regular plays to corners.
5. Getting Ready for a Fight: Senior Captain Claire Godek is waiting for captains to be called before the game starts. She always takes pride in being a leader for her teammates!

After a great win against Shepard Hill, the girls celebrate together as they move on in the playoffs!

Tantasqua Senior Field Hockey Players are recognized during their senior night. All the girls had their families come up to support them while they were given flowers and speeches by the underclassmen. Seniors include: Alivia Facteau, Francesca Giorgio, Ella Grant, Grace Chisholm, Claire Godek, Brooke Cadarette, Olivia Viapiano, Anna Talamini and Sarah Drajpuch. This season the girls had a great record and went to the Central Mass Play offs in which they won the first game but sadly lost the second one and didn't make it to Districts. All of these girls have played together since their freshman year and it was difficult to say goodbye to the sport together. One of the seniors, Grace Chisholm said "This season was so much fun, we got to have eighth graders on our JV team. As well as many fun bus rides to and from games.

1. Cheering the Team On: Even when the players are not on the field, they are always cheering their teammates on with bright smiles. Sophomores Carsyn Knapik and Alyssa Drajpuch make sure their teammates feel supported and have fun!

2. Moving Around the Defender: During one of the team playoff games, the team all tried their very best to get around the defenders and get up the field. Senior Sarah Drajpuch make a great reverse pull to get right around the defender from the other team.

3. Ready to WIN: Before every game the team has a tradition of gathering together and singing a cheer with the starting lines of "She who has the will to win..." Every game this gave the team the strength to go out and play their best!

Varsity Statistics

	US	THEM
Uxbridge	0	10
Auburn	2	1
Sutton	0	3
Maynard	3	0
Nipmuc	2	4
Wachusett	2	11
St. Paul	3	1
Oxford	10	0
Grafton	1	2
Fitchburg	2	2
Quaboag	3	1
Leicester	0	1
West Springfield	2	0
North Brookfield	5	3
Quaboag	2	1
Northbridge	2	4
Shepherd Hill	4	1
North Middle Sex	1	3

HOW TO:

Play on JV Field Hockey

1

Sophomore Zoe Little and Freshmen, Airabella St Pierre. and Ava Pelletier do their best to cheer on their teammates during a home game.

2

Freshman Emily Cooley had a great season as captain of the JV team and had some playing time on the varsity team. She had many goals and assists throughout her first season.

3

Freshman Natalie Bruneau and two eighth graders take the field as they are defending our goal. This year players from the junior high came over to help us dominate the field!

LEFT: Avery Michalak, Grade 11, and Bryce Tessier, Grade 11, start off strong at the OSV meet. Their exceptional running aided Tantasqua heavily in their 1st place victory.
BELOW; Tyler Powell, Grade 12, in meet mode. He has proven himself a tough competitor for the past 4 years, and is a big contributor to the team.
BOTTOM: The JV Cross Country team is lead by Giulio Papandrea, Grade 10, in their meet against Uxbridge.

RIGHT: Camden Foley, Grade 11 Top, catches his breath with his teammates Avery Michalak ,Grade 11 Middle and James Segatore, Grade 10, Bottom.
BELOW: Bryce Tessier, Grade 11 and Fenton Michalak Grade 10, powers through the last stretch of the scenic OSV route. His perseverance and work ethic is commendable and he will be a key player in next year's team.

Pogus!

The Hellacious Hill

The Pogus Village Trail is home to the infamous hill. It serves as one of the toughest obstacles our runners must face during their season.

Addalyn VonHold, 11
Addalyn persists in running up the treacherous hill. The days spent training on steep inclines paid off heavily when our runners faced this difficult obstacle.

William Ehrhard, 10
Will faces off courageously against the perilous hill. He says "the hill is the toughest thing on any of the courses, and I definitely don't look forward to it."

Cross Country

RECORDS

BOYS XC

Sept 7
vs Grafton/Oxford W
Sept 14
vs Northbridge W
Sept 21
vs Uxbridge L
Sept 28
vs Quaboag/David Prouty W
Oct 6
vs Auburn/Bartlett W
Oct 12
vs Millbury/Leicester W
Oct 19
vs Southbridge W

FINAL RECORD 10-1

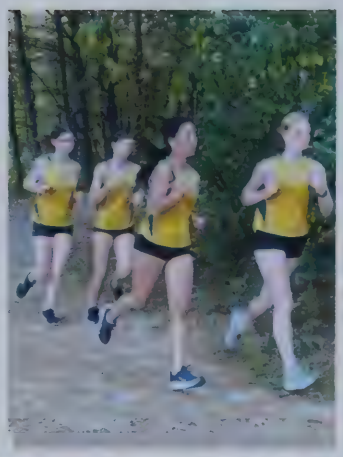
GIRLS XC

Sept 7
vs Grafton/Oxford W
Sept 14
vs Northbridge W
Sept 21
vs Uxbridge W
Sept 28
vs Quaboag/David Prouty W
Oct 6
vs Auburn/Bartlett W
Oct 12
vs Millbury/Leicester W

FINAL RECORD 10-0

Tessa Kline and Brooke Bergevin from the Tantasqua Girls XC team and Camden Foley from the Boys XC team managed to qualify for the prestigious All State Meet.

RIGHT: The Tantasqua Girls Cross Country team practices as a group to warm up for their meet. The entire team has contributed heavily to their many victories.
LEFT: Elizabeth Shaw, Grade 11 left, and Kylie Mccarthy,Grade 9 right, have the finish line in their sights as they wrap up their amazing run at the OSV meet. The Girls emerged victorious at the end of the meet due to their valiant effort.



ABOVE: Tessa Kline, Grade 12, leads the pack against Uxbridge. She is followed by a sea of yellow consisting of our determined Girls Cross Country Team. Tessa being in first place is a familiar sight, due to her incredible speed and expertise on the route.
RIGHT: The Girls Cross Country team comes together in a pre-meet huddle. Their sportsmanship and unity helped them immensely when the pressure was on. Over the course of the season, the hardships they faced shaped them into an amazing team, and more importantly, a strong family. The bond shared between them is a special one, and was important for holding them together during the season. This inseparable team was undefeated and a dominant force. They had two girls qualify for the All State Meet and five All Stars. The qualifiers for the All State Meet were Tessa Kline and Brooke Bergevin. The All Stars were Tessa Kline, Brooke Bergevin, Haley Courtney, Paige Spooner, and Kylie McCarthy.

SCORES!

Varsity	US THEM	Junior Varsity	
Southbridge	1-3	Southbridge	2-1
Shepherd Hill	0-3	Shepherd Hill	1-2
Oxford	2-3	Oxford	2-0
Grafton	0-3	Grafton	2-1
AMSA	0-3	AMSA	0-3
Millbury	1-3	Millbury	1-2
Bartlett	3-0	Bartlett	2-0
Notre Dame	0-3	Notre Dame	1-2
Southbridge	1-3	Southbridge	1-2
Grafton	1-3	Grafton	1-2
Oxford	2-3	Oxford	2-1
Bartlett	3-0	Bartlett	2-0
Shepherd Hill	1-3	Shepherd Hill	0-2
Millbury Jr/Sr	0-3	Millbury	1-2
Fitchburg	1-3	Fitchburg	1-2
Nipmuc	0-3	Nipmuc	1-2
Sutton	0-3	Sutton	0-2
Marlborough	3-1	Marlborough	2-1

1. GET READY! Senior Mackenzie St. Laurent is always prepared to receive the strong serve the other team will send over! "Even though Kenzie is a hitter, she is also a reliable receiver," says Coach Lopez
2. LETS TALK! The Junior Varsity team huddles, to plan their next move. "We are hyped to win!" says Anna Hendrikse
3. SET IT UP! Riley Vonhold, a senior on Varsity, sets it up for her teammates. "I love getting hits off of Riley's consistent sets!" says Hailey Wilson
4. HUDDLE! Taylor Winkler, Niyana Ramos, Ava Baldracchi, and Rory Smith huddle to celebrate their point. "As coach Amadio likes to call it 'Campfire' always helps us keep our head in the game!"says Taylor Winkler
5. BE STRONG! Senior Samantha Mayo gets ready to hit a strong serve over the net! "Whenever Sam gets her serves over, they are very powerful" says Hailey Wilson **6. CONSISTENCY!** Niyana Ramos a member of the junior varsity team, is prepared to hit a consistent serve!

2022 SEASON

During the 2022 Varsity volleyball season, the Varsity team ended with a record of 3-15. The team started this season off with a new coach! A big thank you to coach Lopez for committing to the varsity team and making this year special. This year we had two try out days since there were three teams being formed: a varsity team, a junior varsity team and a freshman team. The varsity coach was Coach Lopez, Coach Amadio was our Junior Varsity coach, and Coach Lovendale was our freshman coach this season. "Despite having a new coach, no gym, and less than an ideal record, our team was able to rally for every game and I can honestly say it was my favorite season due to all of our team spirit" says Katie Riley. Each coach was determined to create a good space for the players and to have a great season. Practice was held everyday to train players and create a team bond. In the beginning of some practices, we would do team bonding activities, even after practice one day we had a pizza party and played some games! In the beginning of the season, all three teams were jumping to different courts as the gym was being redone. Home games were held at Brimfield Elementary School, and practices were often held at the Junior High. It was difficult for each team to get used to a home court. Finally, the last week of our season, the gym was done. We were able to play on our home court for senior night, along with our last couple of games. At the very end of the season, all three teams got together at the Barn in Sturbridge for a banquet. Everyone who attended got a letter for whatever team they were on. We made the best out of this season even though our situation was a bit difficult. "I loved being able to bond with all three teams, and being able to have such a fun season! says Hailey Wilson" Every teammate had a positive attitude throughout the season, each team using their eager and hard working mindset. Both teams ended this season having fun and creating great bonds with their teammates."

Volleyball

READY FOR ACTION! Senior Casey Ellison and Sophomore Hannah Wright are ready to receive the ball from over the net! These two are reliable players in our line up for back row. " Hannah and Casey are both very consistent in the back row" says Lily Paige.

"I have been playing since freshman year, and loved getting to play with my friends."
-Ava Howard

"I loved having the opportunity to play one last season with a great new coach and teammates I've played with for four years"
-Mackenzie St Laurent

"I enjoyed playing with my friends, and having a fun senior season!"
-Hailey Wilson

"I had so much fun this season, and enjoyed having new opportunities with a new coach!"
-Samantha Mayo

SERVE, SET, SPIKE!

Captains Corner

"**I love this** team like my family, no matter what, we are gonna be brothers for life."
Abner Colon-Martinez, #14, Grade 12

"**God's greatest game.** There's no other sport that causes the excitement that is this sport."
Luke Boisvert, # 20, Grade 12

"**I feel like overall we're better as a team collectively.** Our chemistry and love for each other has grown."
Derek Plowman, # 1, Grade 12

"**I love the bond that t**
and playing with my br
fun than I've ever had
Conor Carey, # 26, Gra

ABOVE LEFT; Offensive lineman Mason Perro ready to engage with opposing team's defender.
ABOVE RIGHT: Linebacker Cameron Murphy hyping up Warriors sideline after big defensive stop by Warrior defense.
BELOW: Quarterback Adam Howe is coached up during the game on Friday night .
BOTTOM LEFT: Receiver Liam Hubacz celebrates after scoring Warrior offensive touchdown after catching pass from QB1, Adam Howe.
BOTTOM RIGHT: Receivers Noah Wotton and Liam Hubacz celebrate after scoring a touchdown.

RIGHT: Derek Plowman followed by Luke Boisvert, Liam Hubacz and Cameron Murphy lead the way to run Warrior varsity football team through student made banner pre-game to hype up "The Swamp" for the varsity home game.

has
more

LEFT: Warrior's offense breaks the huddle after being told the play by quarterback Adam Howe so their lead can grow in the game.
RIGHT: Captains and seniors Conor Carey, Luke Boisvert, Abner Colon-Martinez, and Derek Plowman approach referees to flip the coin at home.

Football

LEFT: Warriors led by Liam Hubacz, Luke Boisvert, Cameron Murphy, Abner Colon-Martinez, and Isaac Colon run out on to the field showing determination and pride.

"CAN'T HOLD US!"

Warrior football is about pride and toughness. During the season, warriors were much improved compared to last year's season. The quote "Can't Hold Us!" was often used by the senior captains throughout the season to make sure the Warrior football team was playing at the top of their game. The student section was always loud at "The Swamp" during Friday night games at home. All season it was brought to the players' attention that the JV players will be playing Shepherd Hill @ Home for the Chicken Bowl, the moment that JV Warriors were waiting for. The Warriors came out with the win, with a final score of 38-22. Freshman Brandon Denham leads the way, becoming the Chicken Bowl player of the game. Warrior Varsity football finishes the season with a future to look forward to, with an overall record of 4 wins and 7 losses.

FOOTBALL RECORD

Tantasqua @ Marlborough	L 14-33
Tantasqua @ Minnechaug	W 14-7
Tantasqua vs Leicester	L 19-21
Tantasqua vs Doherty	W 14-12
Tantasqua vs South High	L 10-28
Tantasqua @ Hudson	L 28-42
Tantasqua @ Grafton	L 7-42
Tantasqua vs Nashoba	W 35-21
Tantasqua @ North Middlesex	W 48-34
Tantasqua vs Fitchburg	L 28-33
Tantasqua @ Shepherd Hill	L 0-14
OVERALL RECORD	4-7

LEFT: Warriors defense tackles opposing team's running back. Cameron Murphy and Conor Carey in there to make the tackle.
RIGHT: Adam Howe runs away from opposing teams defenders, while Patrick Coleman provides assistance.

Varsity Golf CAPTAINS CORNER

Aubyn Phillips, 12

Gabriel Laprade, 12

Austin Dono, Grade 10, lines up an impressive putt for par. His teammate Halen Barry, Grade 12, watches in anticipation and hopes for a win. Austin Dono was a key player for the varsity team during his first official season on the golf team.

Senior Halen Barry watches his putt as he hopes for it to drop in. Halen wrapped up his final season as a Tantasqua warrior with pride by contributing to Tantasqua's impressive 14-4 record.

Gabriel Laprade, Grade 12, lines up an important putt. Gabriel Laprade played incredibly during his final season as a Tantasqua Warrior.

Next. Patrick Dunn, Grade 11, and Aubyn Phillips, Grade 12, walk to their balls after hitting amazing drives. Their respectable scores counted towards Tantasqua's many victories this season.

The 15th annual T-Cup was held at Hemlock Ridge Golf Course. The teachers emerged victorious for the 3rd straight year. It was a close game with the final score being 5-4 in favor of the teachers. Parents also joined in on the fun and got to play against their kids on the team. "It was a close game, and I was pretty surprised by how good some of the teachers were. Hopefully, next year we will be able to beat them" says Zack Grzembski, 10. Even though it was a tough loss, the fun of playing against the teachers made it worth it in the end. Cameron Sexton says "I looked forward to the tea cup, I had a pretty good idea of how it would go because I was a player last year. I did pretty well but I was really hoping Sam was going to lead us to victory." Samuel Pieczynski is the team's ace, he earned medalist honors in 14 of 18 matches, which is a Tantasqua record. The team looks forward to their rematch next year, and hopes for a different result.

IT HAPPENED NOW
TANTASQUA WARRIORS GOLF

AUGUST 29: Tantasqua Varsity Golf has their first match at home, and they leave with their first victory of the season.

AUGUST 29: Tantasqua Junior Varsity Golf also plays in their first match away at Elmcrest C.C. The outcome was not in their favor, but it inspired them to become better players.

SEPTEMBER 23: The Tantasqua Golf Team holds the annual T-Cup tournament between the teachers and players. The teachers come out on top and leave the warriors longing for a rematch.

OCTOBER 12: Tantasqua Varsity Golf competes in their final regular match of the season. They finish with an amazing 14-4 record and hold SWCL league co-honors with Auburn.

OCTOBER 18: Tantasqua Varsity Golf heads to Districts at The Ranch. They placed 6th with a final score of 348

OCTOBER 25: Freshmen Samuel Pieczynski travels to Maplegate C.C. for States. He finished with an astounding 4 over par 76 which was good enough to earn him 16th place.

Golf

OFF THE TEE

Dylan Loveless, Grade 11, looks ahead after hitting an amazing shot into the fairway. He played his best game of the season finishing with an impressive 4 over par, 40 stroke game. His awe inspiring round contributed towards Tantasqua Varsity Golf's victory over Bartlett at Harrisville Golf Course. Dylan's final words on the season were "I'm very proud of how we did this season and I am looking forward to representing our team for one last season next year".

T GOLF RECORD T

East Longmeadow @Home	W 164-168
Wachusett @Home	L 166-152
Northbridge @Home	W 156-186
Bartlett @Harrisville	W 155-188
Uxbridge @ Blissful Meadows	L 184-179
Oxford @Home	W 167-283
St. Paul @Green Hill	W 167-168
Shepherd Hill @Dudley Hill	W 40-14
Leceister @Home	W 158-208
Sutton @Home	W 169-173
David Prouty @Kettle Brook	W 167-255
East Longmeadow @Elmcrest	L 164-156
Millbury @Home	W 160-190
Auburn @Pakachoag	W 173-178
Quaboag @Home	W 177-187
Minnechaug @Home	L 177-159
Grafton @Home	W 148-151
SWCL	W 310
OVERALL RECORD	14-4

"They will push the team to reach their full potential. They embrace team work and dedication."
Haley Soden, Grade 12
Captain

"They provide support, leadership and commitment to the team no matter the cost. Team leaders would do anything for the team to reach the top."
Emma Keith, Grade 12
Captain

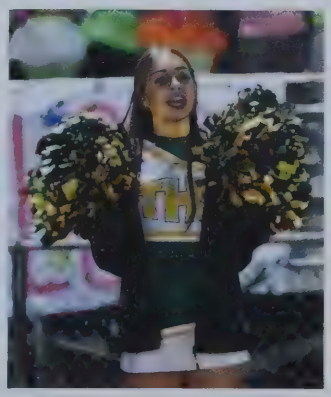
"They hold their teammates accountable in order for everyone to succeed. They put the success of the team as a whole before their individual success."
Lilly Ehrhard, Grade 12
Captain

Meet the Captains

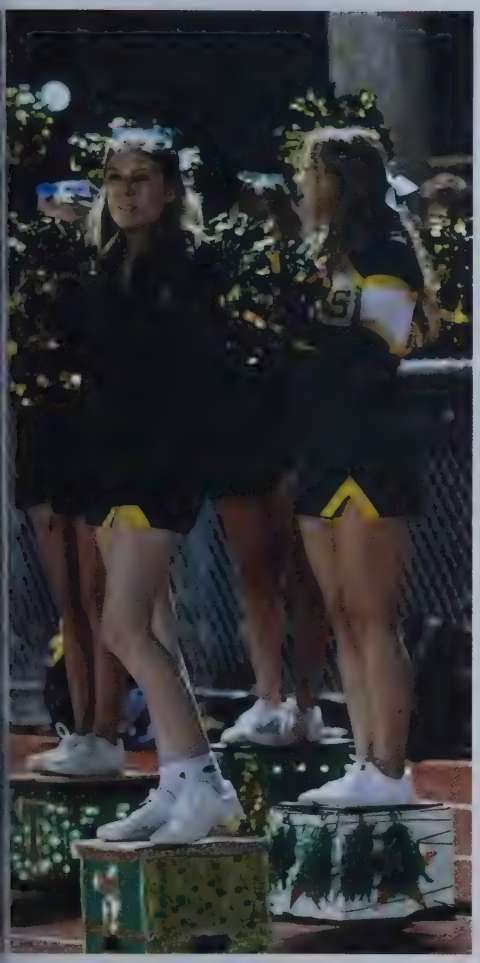
How would you define a Team Leader?

GROWING TOGETHER: Taylor Sexton, a junior on the same team says, "Every time I step foot onto the mat with my teammates, my second family, cheer becomes the only thing on my mind. Keeping a smile on my face even when things get hard, cheering on my teammates, and performing to the judges is the only thing that matters in that moment. Although we only spend three months together as a team, it feels like we've been together forever. I know that when certain days get tough, my teammates will push me to be my best, even if I don't feel it. Throughout my whole life, cheer has taught me how to appreciate the little things, how much hard work pays off, how to push yourself to be the best that you can be, and how large of an effect one small group people can have on your life. Cheer will forever hold a special place in my heart and so will all the bonds and lessons I learned throughout my journey."

Y-E-L-L! Taylor Sexton, a junior on Varsity Competition Team, cheers on the Tantasqua Football Team against Leicester. The first home game of the season!



CHEERLEADING



BUILDING RELATIONSHIPS No one said it was going to be easy. Putting your time, effort, dedication and resilience into a sport can be challenging, but doing it with the people you love the most makes it all worth it. You need confidence, determination and the ability to work as a team. Emma Keith, Captain of the Varsity Competitive Team says, "I never knew how much one group could change my whole high school experience. This team has taught me so much. Though it can be challenging at times, it's always so worth it because I am challenging myself along side the people I love the most." Grace Alden agrees, saying,"For my first year, it was nice to see how welcoming the team was, and I'm grateful for the new friends I made" So, no matter what, a 'team' isn't just a group of people in a particular sport. It's a family.

WINNING. Varsity Competition Team wins first place at the league competition at Grafton High School. The girls surround Madeline Lancour and take a group photo. Emma Keith says, "It's not about the trophies or medals. It's about having fun and making memories with the people you love, but it does feel pretty nice to win." Lilly Ehrhard says "It was very exciting to experience our first "hit" of the season. The rush after we finish the routine is like no other feeling."

#ALLFORMADDIE

Madeline Lancour visits the team at their first competition of the season at Grafton. All the girls huddle before they take on the mat and compete. Emma Keith, captain of the team says, "It was great to see Maddie and talk with her before we performed. Maddie is our biggest supporter and we work harder because of her." Sierra Murray says, "We can't wait for Maddie to come back and join us for the winter season."

TAKING THE FLOOR The Varsity Competition girls take on the mat to perform their routine. They smile in anticipation of giving their best effort into the two minutes and thirty seconds they have.
"GO, FIGHT, WIN!" Varsity Competition girls watch Gameday team perform after them. They cheer them on as they perform their routine.

1

2

Ice Hockey

4

5

6

Tantasqua Athletes Co-op With the Auburn Rockets

1. FIRST ONE ON. Junior, Braeden Rich leading his team onto the ice about to crush his opponents. Braeden states, "My hockey season has been productive and it feels great to play with my friends."

2. VARSITY GIRLS. Fiona Knott, Grade 9, is the only Tantasqua girl player for Auburn Rockets. She explains, "The team is doing great this year. We really have an amazing team and I'm extremely glad for the opportunity to co-op with Auburn High School. All the girls really feel like a big family." Fiona is fierce on the ice and she loves her sport.

3. READY TO FACE OFF. Austin Dono, Grade 10, is ready to win the puck in the face off.

DEFENDING OUR GOAL. Junior, Emmet O'Brien waits for a pass from his teammates. Emmet says, "This season has been very successful for the Auburn Rockets. I'm so thankful to be able to contribute to the team."

4. EYE THE PUCK. Nathan Dono, Grade 9, going onto the ice prepared to beat the other team. Nathan has had a very successful season for his first year on the Auburn-Tantasqua Rockets.

5. MAKING GREAT SAVES. Throughout the entirety of the season, Ethan Laplante has been such a key role in each game. He has made many amazing saves that has helped his team in winning.

6 READY. SET. SHOOT. Junior, Owen Stattenfield skating to shoot. Owen says, "The Auburn-Tantasqua hockey team has given me a chance to better myself as a player and teammate. It's very fun and I appreciate the chance to represent my school."

BOYS SCORES	US	THEM
Nashoba Regional	0	1
Doherty Memorial	7	0
Hopedale Sr/Jr High	2	4
Westfield High	4	0
Algonquin Regional	2	1
Minnechaug	1	2
West Springfield	7	2
Westborough	0	2
North Middlesex	3	1
Marlborough	0	3
Groton-Dunstable	5	3
Leominster	9	1
Wachusett Regional	1	3
Marlborough	1	2
Concord-Carlisle	5	1
Hopedale Sr/Jr High	3	1
Westborough	3	1
Algonquin	3	2
Marlborough	1	2
Nantucket High	4	3
Sandwich High	3	2
Somerset Berkley	4	1
Walpole High	2	9

GIRLS SCORES	US	THEM
Woodstock Academy	4	2
Ursuline Academy	14	4
Woodstock Academy	2	2
Leominster	1	4
Saint Joseph Prep	3	0
Longmeadow	0	1
Pope Francis Prep	1	3
Matignon High	0	3
Newton North High	4	3
Leominster	2	1
Pope Francis Prep	1	2
Ursuline Academy	4	3
Saint Joseph Prep	3	1
Malden Catholic High	0	8
Bishop Fenwick High	4	2
Algonquin Regional	1	6
Burrillville High	2	3
Smithfield High	4	3
Stoneham High	3	4
Medway High	1	5
Bishop Feehan High	3	7

Wrestling

Tantasqua Warriors Team Up With Shepherd Hill Wrestling Team

BOYS VARSITY SCORES

	US THEM
Leominster	42 - 42
Worcester Tech	60 - 15
Algonquin	36 - 36
Franklin County	63 - 12
Rham	29 - 54
Suffield/Windsor Locks	54 - 30
Plainfield	34 - 39
Gilbert	51 - 28
North Middlesex	37 - 42
Quabbin	66 - 12
Tyngsborough	32 - 48
Malden/Everett	63 - 12
Nashoba	39 - 42
Lynn Tech	66 - 12
Marlborough	46 - 27
West Springfield	23 - 60
St.John's	36 - 46
Framingham	24 - 54

1. Warm Up All of the members of the Shepherd Hill Wrestling Team are warming up to compete against North Middlesex High School

2. Reaching for the Take down. Freshman Alexander Stearns lunges at one of Nashoba's High School wrestlers in hopes to take him down and pin him

3. Taking the Win. Sophomore Joseph Molinari, wins the match up against one of Nashoba's High School wrestlers

4. Smile! Three students from Tantasqua are apart of the Shepherd Hill wrestling team. Pictured from Left to Right: Alexander Stearns, Isaac Gravel, Joseph Molinari

Season's End. As the wrestling season comes to a close, sophomore Isaac Gravel has much to say. "The wrestling team is honestly the most accepting group of people I've ever been around. The level of comradery I felt even as a first year athlete was par to none. One of my favorite things to do though was getting to throw people. That was really amusing." Another one of the teammates, sophomore Joseph Molinari, agrees and also adds, "This team makes me feel wanted,; we all treat each other with respect and they make me feel like I can accomplish more. I absolutely loved this first year of doing wrestling and I am looking forward to doing it again." By the end of the season, the wrestling team had 9 wins, 8 loses and 2 ties.

Take down! Sophomore Isaac Gravel wins a long and suspenseful match against a Tyngsborough High School student

TRACK & FIELD

The Art of Track

Indoor track is a sport that many people enjoy in spite of themselves. Many people hate the idea of running, but when they decide to try track, they realize how fun it can be. "I thought I would hate it cause I don't like running, but I actually really enjoy it,"says Rachel Salisbury, grade 10. Track is a mix of many things: it is a mental sport as much as it is a physical sport. It takes a lot of strength to push yourself to want to put yourself through pain to get a better time, or even feel the glory of winning.

Dialed In.... Cam Murphy **(12)**, and Michael Cutler **(9)**, wait for high jump

Tantasqua Girls	US	THEM
Tantasqua Vs. Millbury	77	8
Tantasqua Vs. Bay Path	79	7
Tantasqua Vs. Auburn	62	24
Tantasqua Vs. Leicester	80	2
Tantasqua Vs.Uxbridge	62.5	23.5
Tantasqua Vs. Quaboag	70	15
Tantasqua Vs. Oxford	67	19
Tantasqua Vs. Grafton	63	23
Tantasqua Vs. Bartlett	77	8

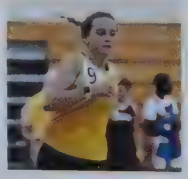
Tantasqua Boys	US	THEM
Tantasqua Vs. Bay Path	54	30
Tantasqua Vs. Millbury	47	38
Tantasqua Vs. Auburn	41	45
Tantasqua Vs. Quaboag	50	35
Tantasqua Vs. Oxford	68	14
Tantasqua Vs. Grafton	37	49
Tantasqua Vs. Uxbridge	30	56
Tantasqua Vs. Bartlett	75	9
Tantasqua Vs. Leicester	70	12

Haley McCormack **(10)** and Coach Donovan chat about high jump strategies.

Logan Oko **(9)** gives it all he has on his final lap of the mile.

Niyana Jovic, **(10)** participates in shot put to help the lady warriors with a win!

Katie Riley, 12
"I think the events are really fun and track was something new I've never tried before."



Olivia Maglerowski, 12
"I originally joined track to stay in shape, but I come back every year because I love the friends I've made!"

Tessa Kline, 12
"I joined track because it has helped me to make new friends and build a connection with my coach."

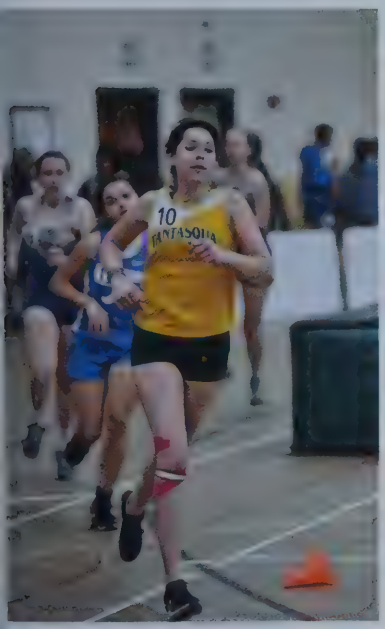
Born to Run

The Tantasqua track team is a team full of fast and competitive athletes. The camaraderie on this team is outstanding!

National Qualifier! Haley MackCormack **(10)** wins high jump all season; she continued to win the SWCL meet, divisionals, and the all state meet and setting a new school record with a jump of 5'6! Haley is on to New Balance Nationals to compete in high jump.

Running is fun! Patrick Dunn **(11)** runs the 300m and takes long strides in order to maintain his speed to keep up with his opponents to try and take the victory for the Warriors. He states "I am speed."

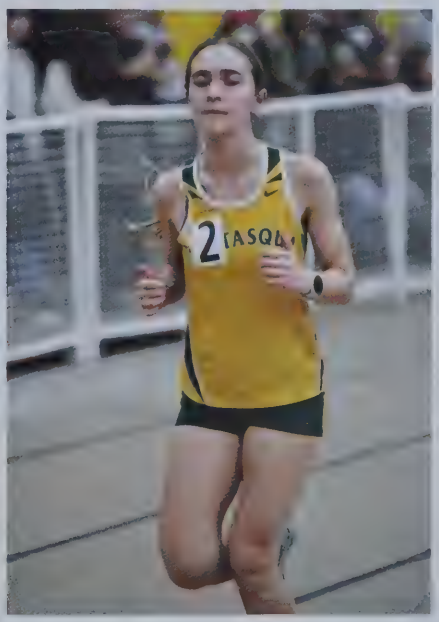
Determined to win... Grace St. Laurent **(11)** runs her heart out to get first place and help her team get closer to a win. Grace takes 1st place in the girls' mile and helps Tantasqua secure the victory!



Pushing Through the Pain Molly Segatore **(12)** racing in the 1000m against Auburn High School to contribute points towards the team's victory. "It was a hard race with good competition, but the atmosphere kept me going!"

Ready to Run James Segatore **(10)** and senior Tyler Powell **(12)** keep an even pace to stick right behind Wilbraham-Monson Academy. James places 2nd and states "It was definitely a tough race but I gave it my all!" Tyler places 7th.

Heads Up! Dylan Clark **(12)** throws shot put to earn the boys team more points towards the win!



Coming in Hot! Paige Spooner **(9)** coming in 2nd place while running the 2 mile. "I love track! I will definitely be returning for the outdoor season!"

We Asked: Why Track?

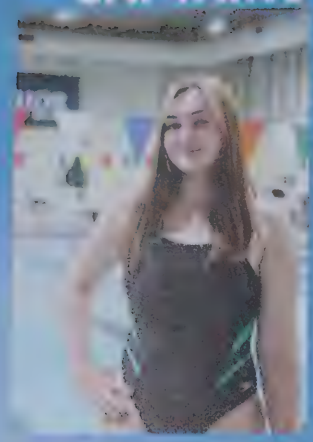
Cam Murphy, 12
"I joined track my sophomore year because my brother did it and I looked up to him. I like the challenges and the people that come with it".

Avant Fitzpatrick, 12
"I joined track to improve my skills and join a community where i share the interest of track with others."

Tyler Powell, 12
"I joined track because it pushes me so I can work hard and be the best version of myself, and I love my friends that I've made!"

Dylan Clark, 12
"I joined track because it's fun and I gained some friends and it comes with a great workout!"

CAPTAINS' CORNER



Grace Chittenden, 12

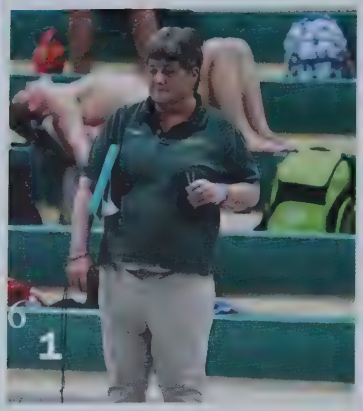
"Swim has been a second home for me past four years."
-Girls Captain, Grace C.

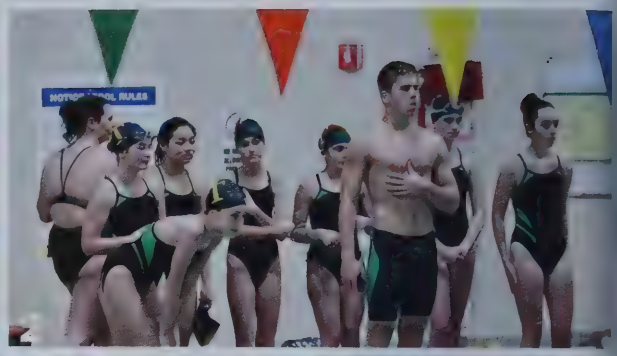
Mia Dambly, 12

"My legs die and at Mid-March!"
-Boys Captain Eben, M.

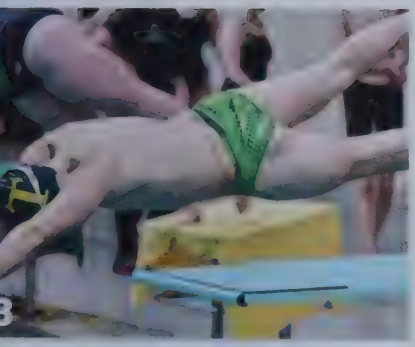
Eben Mazeika, 12

Zoey Zhu, 12





1 PLOTTING AND PLANNING: The Tantasqua swim team has been blessed with assistant coach Molly, who had previously, enthusiastically held the position of head coach since 2006. This season was Molly's last year as a coach at the high school. Throughout her time as coach she has instructed numerous swimmers who barely floated in the water, and turned them into fantastic, competitive swimmers. Molly McGuire will be well missed by every member of the warriors swim team, no one can replace the energy she brought to the natatorium and team parties.
2 LOTS OF CHEER: The swim team supports each other by cheering each other on during their events. "It is a fantastic motivation for racers," says captain Zoey Zhu.
3 DIVING DEEP: Boys' captain, Eben Mazeika launches off the block. "I feel like I'm flying," he says "when it comes to diving."
4 SIBLING SCORERS: Zoey and Ethan Zhu both earned the honors of girls' and boys' MVP awards, respectively, for scoring the most points for each of the Tantasqua teams. The team is sad to say good bye to Zoey, and is looking forward to the wonders Ethan will bring to the water for the next three years. Both siblings qualified in individual events for states this year, and nominated Central Massachusetts allstars.
5 SPEED: Freshman Evan Dambly soars through the water doing backstroke.
6 TEAM WORKOUTS: Freshmen Lilly Egan and Sasha Hidalga toss the medicine ball to each other, strengthening their arms and legs to swim faster.
7 BREASTSTROKE: Sophmore Kailyn McCarthy takes on the breaststroke in her second year swimming with Tantasqua. This stroke is unique because it seems that only some people have a natural talent for it and if you don't you don't it feels like you are swimming in place with not forward movement happening. Kailyn clearly has the technique down.



JUST KEEP SWIMMING

High School competitive swimmers have four different strokes, these being: butterfly, backstroke, breaststroke, and freestyle. Meets have several events in which swimmers can swim various distances and strokes, racing against both other competitors and the clock. Our swimmers practice after school daily in our very own natatorium. Grace Chisholm explained, "The hardest part about practice is getting in. The water is cold, but once you jump in it's fine and you're ready to go!" Our swimmers develop throughout the season and are constantly striving to reach new best times. All this effort adds up to a lot of hard work in the pool.

The Tantasqua swim team came back strong this winter! The team, led by head coach Lisa Lamothe and assistant coach Molly McGuire, competed in meets in the Midwach League and across Massachusetts. This year's boys team dominated the competition across central Massachusetts, having gained three varsity freshman boys who led the boys to a second place finish at league champs.

Some of our swimmers swam post season in individual events and relays after achieving fast cut times to qualify for sectionals and states. This year we had 5 boys and 2 girls qualify for individual events at Sectionals, and at States the team had 2 boys and 1 girl for individual swims and a boys' relay team qualify for the Massachusetts State Championships at MIT. This team also broke our school record in the 400 free.

Competitive swimming is unique, as it is both an individual and team sport. At the end of our races, swimmers come together. "Food is something we can all agree on," swimmer Zoey Zhu said, "There's nothing better than good food after a long practice or meet." The team always offers endless enthusiasm, energy, and strong resilience in the face of challenges.

Girls Swimming

	US THEM
AMSA	93-76
Algonquin	88-77
Westborough	52-117
Bromfield	52-131
Tyngsborough	93-64
Shrewsbury	66-107
Nashoba	85-84
Worcester	97-60
Grafton	74-91
Wachusett	94-76
Total (w/l)	6-4

Boys Swimming

	US THEM
AMSA	86-83
Algonquin	60-96
Westborough	76-90
Bromfield	85-83
Tyngsborough	86-66
Shrewsbury	72-81
Nashoba	112-25
Worcester	97-60
Grafton	93-56
Wachusett	98-47
Total	7-3

We Call The Shots

The Tantasqua Warriors had a great season ending their season 12-9 . They made a good run in the playoffs making it past the play in round but coming up short to Norwell. It was a very memorable year for the warriors and displayed lots of young talent with only three seniors on the team. Senior Ian McGrath said "Ya know, its really sad that it's coming to an end but we had a great time and it's amazing to make so many good relationships and so many good memories because of basketball."

Varsity	US	THEM
Doherty Memorial	66	72
Northbridge	33	32
Uxbridge	45	42
Sutton	35	30
Nashoba Regional	72	68
Oxford	63	65
Shepard Hill Regional	28	52
Aubrun	64	38
Southbridge	61	44
Leciester	50	20
Millbury	35	63
Arlington Catholic	51	63
Mennechaug Regional	44	46
David Prouty	30	48
Holyoke	59	42
Grafton	56	51
Bartlett	75	60
Quaboag Regional	55	46

Junior Varsity	US	THEM
Doherty Memorial	45	38
Northbridge	45	39
Uxbridge	46	40
Sutton	41	19
Nashoba Regional	46	57
Oxford	65	30
Shepard Hill Regional	53	43
Aubrun	50	35
Southbridge	60	21
Leciester	53	29
Millbury	39	40
Arlington Catholic	47	33
Mennechaug Regional		
David Prouty		
Holyoke		
Grafton		
Bartlett		
Quaboag Regional		

1. READY TO RUN Tantasqua Freshman Brandon Denhem races up the court towards the basket to attempt to score.
2. ADVANCING THE BALL Tantasqua Sophmore Chace Fredette comes to a jumpstop while he looks for the open player.
3. READING THE COURT Tantasqua Freshman Logan Arrastia scans the court to make a pass against the opposing team Uxbridge.

Tantasqua's juniors Colm McGrath and Liam Hubacz close in on the opposing Uxbridge p

Boys Basketball

DRIVING AT THE HOOP Tantasqua Freshman Zach Siodek makes a move down the court to drive towards the basket to score.

BOXING OUT Tantasqua Freshman Cole Pattee boxes out the opposing team in the paint to try and grab the rebound.

who tries to dribble out of pressure

5. LEAP INTO ACTION Tantasqua Junior Bryce Tessier squares off in a jump ball to start the game against the opposing Uxbridge player.
6. ALL ABOUT HUSTLE Tantasqua Sophmore James Sciaraffa dives on the floor towards the ball to retrieve it after he knocks it loose from the Uxbridge player.

1.In the Moment! Nicki Vejack releases the ball as she shoots from the three point line. Nicki says, "After a long season I felt happy to have won every league game, and finish the season strong when I heard the net swish."
2. Focused! Gabby Scanlon dribbles the ball across the court looking for an open pass. She says "This season and team is one I'll never forget."
3. Intense Pressure! Kelsie Wotton and Maya Gidopoulos guard their competition, and steal the ball. Kelsie says "It was great to finish my last high school season with these girls."

Varsity

South	19-39
Uxbridge	33-27
Hopedale	53-27
Oxford	63-17
Notre Dame	47-42
Auburn	61-53
Southbridge	47-5
Nauset Regional	61-20
Leicester	56-46
Chicopee Comp	53-55
David Prouty	56-14
Millbury	49-41
Minnechaug	47-39
Northbridge	51-23
Grafton	48-41
Bartlett	45-26
Shepherd Hill	45-22
Quabaug	48-40
Algonquin	52-55
St Paul	48-35
Abington	60-44
Dover Sherbon	43-59

Junior Varsity

South	52-49
Uxbridge	62-20
Hopedale	43-31
Oxford	51-14
Notre Dame	45-18
Auburn	48-28
Nauset Regional	51-8
Leicester	44-13
Chicopee Comp	41-20
Millbury	61-20
Wachusett	49-20
Minnechaug	40-21
Northbridge	40-28
Grafton	48-10
Shepherd Hill	45-13
Quabaug	46-28

Girls Basketball

Team Hustle

Huddle up! Kelsie, Nicki, Maya, Gabby and Maeve huddle up to talk about game before the second half starts.

The girls Varsity basketball team was coached this season by Andrew Haley and Junior Varsity by Jason Erhart. The team made it to the sweet sixteen in playoffs against Dover Sherborn, tied at half, the game was competitive throughout, but unfortunately they came up just short and lost. "The mentality on the team is all about never giving up," says senior captain Kelsie Wotton. "The team always keeps it together and their heads up no matter the circumstances." Senior captain Hannah Johnson also adds in "No matter what the score was everyone kept their heads up high and stayed together. We were able to go home proud, we left everything we had on the court." This was a great season for Tantasqua finishing with an 18-4 record.

Line up! The girls team lines up before the national anthem in their game against south.

Senior Memories

"My favorite memory from basketball season is when I made a deep three and the whole team ran out and cheered" says Sophia Parker, senior #22

"My favorite memory from this season was all the pre-game team huddles talking about our game plan and having all the adrenaline to play!" says Kelsie Wotton, senior captain #12

"My favorite memory from this season was the fun bus rides to and from the game. It brought us closer together as teammates and as friends!" says Hannah Johnson, senior captain #32

WE ASKED, YOU ANSWERED:
Why do you like sports at Tantasqua?

"It keeps me in shape. I met a lot of my friends through it, and I like my coach."
- Senior, Claire Godek

"It encourages an environment of teamwork and collaboration"
- Junior, Grace St. Laurent

"I like being able to improve on the sport that I love with my friends."
- Junior, Max Sullivan

"I like the competition and [illegible] is what I love to do."
- Junior, Aaron Lidonde

"I like the competitiveness and being part of a high school team is like being part of a family."
- Junior, Hunter Normandin

"They're fun and I get to have fun with my teammates."
- Sophomore, Joe Molinari

VARSITY CHEERLEADING. FRONT ROW: Grace Alden, Sierra Murray, Emma Keith, Haley Soden, Lilly Ehrhard, Sheridan Knapik, Hope Rio. **SECOND ROW:** Isabel Van Lingen, Morgan Schwartz, Lilly Donovan, Anjel Rivera, Taylor Sexton, Samantha Forgit, Julia Milam. **THIRD ROW:** Erin Farrell, Mikayla Schwartz, Lilli Treitman, Carlee McShera, Emma LeBlanc, Anabelle Timmins, Juliana Giannandrea-Mustion.

VARSITY COMPETITION TEAM. FRONT ROW: Sierra Murray, Lilly Ehrhard, Haley Soden, Emma Keith, Sheridan Knapik. **SECOND ROW:** Emma LeBlanc, Lilly Donovan, Anjel Rivera, Taylor Sexton, Carlee McShera.

BOYS CROSS COUNTRY. FRONT ROW: Jeff Lamprey, Tristan Hughes, Gabriel LaFrance, Adrien Lamas, Ayden John, Fenton Michalak. **SECOND ROW:** Maddox Kennedy, Zachary Hilborn, Jonah Scherer, Giulio Papandrea, Avery Michalak, Tyler Powell.**BACK ROW:** Jarrid Burrell, Samuel Labkovsky, Brenden O'Gara, William Ehrhard, Maxwell Pitcher, James Segatore, Camden Foley, Bryce Tessier.

GIRLS CROSS COUNTRY. FRONT ROW: Kylie Mccarthy, Paige Spooner, Tessa Kline, Taylor Goding, Amber Reed.**BACK ROW:** Brooke Bergevin, Elizabeth Shaw, Isabella Quero Tobon, Addalyn VonHold, Analicia Serret, Faith Iott, Haley Courtney.

"Being apart of the JV soccer team was very exciting and it was really fun while it lasted."
Junior, Jeffrey Shaw

"During swim and track we did activities and we all bonded as a team and it was a very memorable season."
Sophomore, Jonah Scherer

"I love the coaches for Track and Cross Country, along with the sport itself. I made a lot of new friends and I had an enjoyable experience!"
Sophomore, James Segatore

"Cheer makes me feel so happy and it feels like a second home to me! I can't wait to continue doing cheer next season!"
Freshman, Isabel van Lingen

"Meeting new people was a highlight and everyone is so supportive and kind! It was a thrilling season!"
Junior, Morgan Schwartz

"Whenever we win, our team comes together and it's a feeling I can't describe! Even if we lose, they are all so supportive!"
Sophomore, Alyssa Drajpuch

VARSITY FIELD HOCKEY. FRONT ROW: Carsyn Knapik, Starr Cottone, Sofia Fazzuoli, Alyssa Drajpuch, Ella Grant, Francesca Giorgio, Olivia Viapiano, Brooke Cadarette. **BACK ROW:** Alexandra Dodson, Alivia Facteau, Anna Talamini, Sarah Drajpuch, Claire Godek, Katherine Eliason, Grace Chisholm, Abigail Radebaugh.

JUNIOR VARSITY FIELD HOCKEY. FRONT ROW: Emily Whittier, Alyssa Drajpuch (8th graders: Dessa Demears, Sophia Bochicchio, Lola Comunale, Katrina Robbins, Jordan Field.) **BACK ROW:** Zoe Little, Paige Rosen, Emily Cooley, Natalie Bruneau, Kendall Nickl, Airabella St Pierre. (8th Graders: Willow Martinez, Carly Thomas, Stephanie Krog, Jewels Normandin)

VARSITY AND JUNIOR VARSITY 1 FOOTBALL. FRONT ROW: Brandon Bronner, Liam Hubacz, Alexander Walton, Cameron Murphy, Luke Boisvert, Conor Carey, Derek Plowman, Abner Colon-Martinez, Caden Lauritsen, Jack Alexander, Isaac Colon, John Gonzalez Galarza. **SECOND ROW:** Patrick Coleman, Ryan Wright, Marcos Alfonso, Noah Aubin, Noah Wotton, Mason Perro, Luke Marvin, Brandon Denham, Phoenix Bates, Tyler Lomme, Gabriel Lopez. **THIRD ROW:** Brady Willitts, Logan Arrastia, Joseph Molinari, Gregory Surozenski, Gabriel Howard, Chase Bond, Dillon Ryan, Lucas Elkinson, Merrik Cowden, Michael Cutler, Caleb Howard. **BACK ROW:** Jacob Hooker, Adam Howe, Max Cohen, Alexis Ramos, Donald Andre, Andrew Jacques, Michael Bouthiller, Lyle Corwin, Landon Rice, James Egan.

JUNIOR VARSITY 2 FOOTBALL. FRONT ROW: Samuel Madison, Jacob Davis, Lucas Brown, Ansh Patel, Matthew George, Luca Fiorucci, Caleb Olson, Ethan Quevillon. **SECOND ROW:** Simon Daou, Kameron Barnett, Cameron Winiarski, Nalani Senckowski, Colton Hurlbrink, Nathan Lardizzone, Jacob Kirk. **THIRD ROW:** Zachary Besaw, Peyton Thompson, Brady Lloyd, Aiden Gambon, Patrick Letendre, Ayden Davis. **BACK ROW:** Drew Wright, Anthony Alarie, Jake Melillo.

WE ASKED, YOU ANSWERED:
Why do you like sports at Tantasqua?

"I like the teamwork, unity and the fun of playing the sport with my friends."
- Sarah Drajpuch, Senior

"I love the thrill and being on a team. Golf teaches me patience. I enjoy golf because my friends are on the team and we have a great time."
- Marcus Santos, Sophomore

"I like the team chemistry"
- Sam Panek, Junior

"I like to play sports and have fun. Teamwork is one of the best skills to have in the future. Soccer is my favorite sport to play and watch."
- Owen O' Brien, Senior

"I really like how Tantasqua's sports are available and open to everyone. Anyone can try out and participate, and the teams are very accepting."
- Lucas Brown, Freshman

"Soccer kept me busy and active during the season. I also like it because it's a social opportunity and I can spend time with my friends."
- Ben Bachand, Freshman

VARSITY GOLF. FRONT ROW: Brodie Shafer, Austin Dono, Colm McGrath, Aubyn Phillips. **BACK ROW:** Dylan Loveless, Gabriel Laprade, Halen Barry, Patrick Dunn, Samuel Pieczynski.

JUNIOR VARSITY GOLF. FRONT ROW: Keegan Blood, Jonas Kupranowicz, Brandon Phillips, Kason McGuire , Caleb Robidoux. **BACK ROW:** Jordan Mersereau, Marcus Santos, Cameron Sexton, Aaron Mahaney.

BOYS VARSITY SOCCER. FRONT ROW: Luke Goodwin, Lukas Springer, Logan Oko, Cole Casinghino, Robert Cleary. **SECOND ROW:** Aaron Lidonde, Devin Krochmalnyckyj, Owen O'Brien, Jack Debruin, Samuel Bachand, Majed Simrin, Ryan Lemieux. **BACK ROW:** Ryan Huettmann, Braylon Casinghino, Ian Mcgrath, Trevor Harris, Daelan Ahearn.

BOYS JUNIOR VARSITY SOCCER. FRONT ROW: Todd DeRose, Evan Dambly, Benjamin Bachand, Jeffrey Shaw, Ethan Parker, Randy Guzman Perez, Gerson Catun-Teni. **BACK ROW:** Cole Pattee, Levi Shepard, Ryan Percival, Zachary Cooper, Alexander Kenney, Andrew Ticlea, Eric Snay, Anthony Fazzuoli.

"Being on the swim team is really fun. Being able to engage in the community is very important to me. I enjoy going to practice"
Alison Regan, Freshman

"I love tennis because I like the community aspect of getting out and playing with the team. I love to get moving."
Matthew Berthiume, Senior

"I love being apart of the golf team, being athletic is very important to me, it allows me to move my body and I love the rush I feel while playing."
Brodie Shafer, Sophomore

"Even though swim can be challenging at times, I look forward to it every season and I am sad that it's over now."
Makenna Matczak, Senior

"I enjoy being with my friends on the team and going to practice, I also love wearing spandex"
- Sadie Bergeron, Senior

"I enjoy being with my teammates, and I love going to practice everyday."
Lukas Springer, Sophomore

GIRLS VARSITY SOCCER. FRONT ROW: Stella Buday, Ava Chevalier, Hayden O'Malley, Ashlee Rio, Grace Solari, Sophia Parker, Abriella Rio, Eleanor Colati, Kaydence O'Neil, Tess Chevalier, Eve VanWickler. **BACK ROW:** Olivia Magierowski, Nicole Vejack, Keelan Mader, Eleanor Leland, Addison O'Connell, Grace St Laurent, Elizabeth Thompson, Alexandra Matheson, Rachel Salisbury, Lilina Shiers, Kina Demears, Samantha Briggs, Riley Palmer.

GIRLS JUNIOR VARSITY SOCCER. FRONT ROW: Madeline Kowal, Eva Parker, Yohanlys Paez, Sarah Parsons, Delaney Backhus, Trinity Fernandez, Tess Alexander, Madelynn Dart. **BACK ROW:** Elle Kearns, Abbie Wotton, Isabelle Alden, Samantha Baker, Emily Ogden, Haley Fluegel, Bryce VonHold, Madelyn Vejack, Sophia Ezzo.

VARSITY VOLLEYBALL. FRONT ROW: Nicole Miranda, Riley Vonhold, Misako Senest, Hannah Wright, Casey Ellison, Kaitlynn Riley, Lilly Paige. **BACK ROW:** Emma Quinn, Lara Matheson, Sadie Bergeron, Hailey Wilson, Samantha Mayo, Ava Howard, Mackenzie St Laurent.

JUNIOR VARSITY VOLLEYBALL. FRONT ROW: Elizabeth Pearl, Madelyn Stalker, Madison Mccarthy, Victor Garden, Anna Hendrikse, Daniela Sabat Machado, Viviana Barboza. **BACK ROW:** Nola Wiseman, Ava Baldracchi, Niyana Ramos, Lidia Barbalho, Rory Smith, Taylor Winkler, Lylah Mayo, Juliana Rivera.

WE ASKED, YOU ANSWERED:
Why do you like sports at Tantasqua?

"The sports offered here are very engaging and worth it."
Lorenzo Valentin, Senior

"I enjoy the sports here because of how supportive the teams are."
- William Ehrhard, Sophomore

"It's really fun and exhilarating and its a good way to gain more friends"
- William Palmer, Freshman

FRESHMEN VOLLEYBALL. FRONT ROW: Makenzie Cortes, Camden Thompson, Davannie Brown, Aolanee Colon, Evelyn Spencer, Akarie Green, Aubrey Waddell. **BACK ROW:** Kaelyn Caron, Madison Zehelski, Madyson Lena, Maeve Early, Madison Frick, Savannah Toney, Julie Anne Petersen.

BOYS VARSITY BASKETBALL. FRONT ROW: James Sciaraffa, Colm McGrath, Liam Hubacz, Adam Howe, Trevor Harris. **BACK ROW:** Bryce Tessier, Ian Mcgrath, Aidan Gingras, Owen O'Brien, Elijah Webb, Noah Wotton.

BOYS JUNIOR VARSITY BASKETBALL. FRONT ROW: Logan Arrastia, Dariel Correa, Brandon Denham, Thomas Eldred, Drew Wright. **BACK ROW:** Chace Fredette, Samuel Pieczynski, Alexis Ramos, William Ehrhard, Max Cohen, Zachariah Ertsgard.

BOYS FRESHMEN BASKETBALL. FRONT ROW: Fenton Michalak, Zachary Godek, Ethan Quevillon, Logan Parker, Cameron Langevin, Chase Bond. **BACK ROW:** Tyler Amaral, Peyton Thompson, Brady Willitts, Cole Pattee, Lucas Brown.

GIRLS VARSITY BASKETBALL. FRONT ROW: Elizabeth Thompson, Nicole Vejack, Gabrielle Scanlon, Maya Gidopoulos, Kendra Adamson, Eleanor Leland. **BACK ROW:** Maggie Johnson, Hannah Johnson, Kelsie Wotton, Maeve Early, Grace Solari.

GIRLS JUNIOR VARSITY BASKETBALL. FRONT ROW: Hayden O'Malley, Madelyn Vejack, Grace Solari, Stella Buday, Raella Wyszynski. **BACK ROW:** Abbie Wotton, JulieAnne Petersen, Sophia Ezzo, Sophia Webb, Christine Vanhook.

JUNIOR VARSITY HOCKEY. LEFT TO RIGHT: Tristan Hughes, William Palmer, John Glennon, Andrew Rice, Jake Tully, Dylan Spillane, Gabriel Rice, Dominic Perreault, Samuel Panek, Maxwell Sealey, Keith Bergevin,

VARSITY HOCKEY. LEFT TO RIGHT: Peter Casine, Austin Dono, Owen Stattenfield, Ethan LaPlante, Braeden Rich, Emmet O'Brien, Nathan Dono.

SWIM TEAM. FRONT ROW: Makenna Matczak, Molly Bilodeau, Zoey Zhu, Eben Mazeika, Kira Dambly, Grace Chisholm. **SECOND ROW:** Kalea Gormley, Kailyn McCarthy, Lillian Egan, Alexandra Hidalgo, Bee Costa, Makena Pentoney. **THIRD ROW:** Sam Merchant, Victoria Stendrup, Isabella Geagan, Alison Regan, Helena Thompson, Charlotte Ardis, Fatimah Robbins. **FORTH ROW:** Evan Dambly, Ethan Korenda, Ethan Zhu, Zachary Hilborn, Jonah Scherer. **BACK ROW** Cameron Gironx, Maxwell Pitcher.

GIRLS TRACK. FRONT ROW: Kina Demears, Lilina Shiers, Keoni Savoie, Paige Spooner, Madelynn Dart, Rachel Salisbury, Ava Chevalier. **SECOND ROW:** Haley McCormack, Grace St Laurent, Tess Chevalier. **BACK ROW:** Brooke Bergevin, Olivia Magierowski, Claire Godek, Molly Segatore, Kaitlynn Riley, Tessa Kline, Haley Courtney.

BOYS TRACK. FRONT ROW: Zachary LaFrance, Vincent Laprade, Ethan Parker, Benjamin Bachand, Logan Oko, Tyler Olden, Eric Snay. **SECOND ROW:** Samuel Labkovsky, Troy Gunnerson, Avery Mitchem, James Segatore, Camden Foley, Patrick Dunn, Gabriel LaFrance. **BACK ROW:** Avant Fitzpatrick, Tyler Powell, Cameron Murphy, Tafari Byfield-Felton, Gabriel Laprade.

Seniors

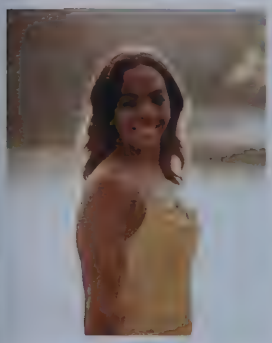
Grace Alden

Wilson Amott

Scott Andersen

Jonas Anderson

Zoe Anderson


Maia Appling

Nathan Asselin

Nicholas Azevedo

Connor Babcock

Samuel Bachand

Lucas Barbalho

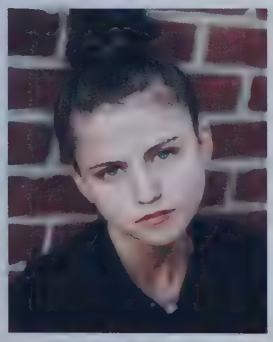
Halen Barry

Lyric Barry

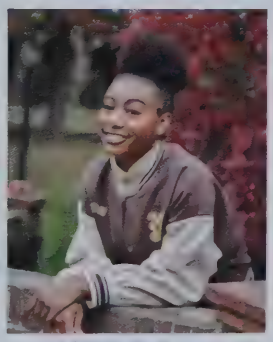
Baylee Bass

Johnathon Beford

Alexander Bellone


Sadie Bergeron

Brooke Bergevin


Naarah Berry

Hailey Berthiaume

Mathew Berthiaume

Alana Biedrzycki

Robert Bishop

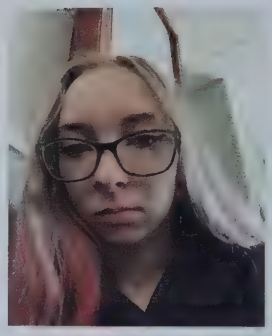
Henry Blake

Olivia Blando

Quinn Blood

Luke Boisvert

Ashleigh Bouchard


Olivia Boyd

Pablo Brambila

Taylor Bronner

Andrew Bullock

Jack Bullock

Alexis Buteau

Tafari Byfield-Felton

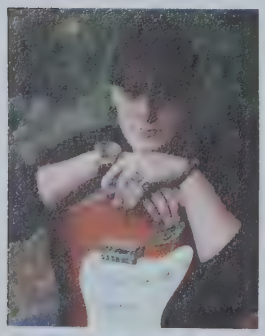
Brooke Cadarette

Nicholas Cameron

Alexander Campos

Faith Cannon

Nathan Caplette


Steven Cardenas

Conor Carey

Roman Carlisle

Braylon Casinghino

Pierce Cassavant

Malachi Castonguay

Ryan Caunt

Deven Cavannah

Samuel Champigny

Jeremy Chenier

Cassidy Chiasson

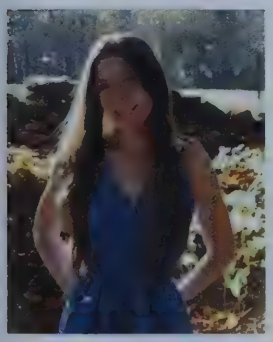
Grace Chisholm

Dylan Clark

Abner Colon-Martinez

Madison Cooley

Andrew Cormier



Charleigh Cormier

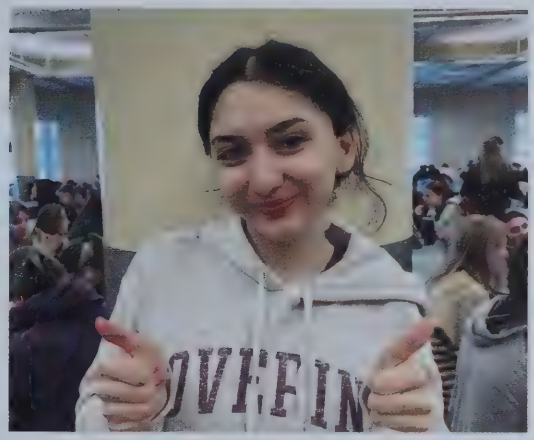
Alexis Corriveau

Cameron Courtney

Haley Courtney

What essential has helped you get through your senior year?

Sierra Murray
"Shirley Temples are my senior essential; they get me through my day."



Sarah Drajpuch
"My senior essential is my blanket and pillow, so I can take a good nap."

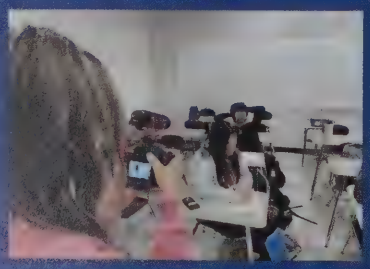
Lauren Delgaudio
"Coffee, I like caffeine, like I like my oxygen"

Faith Cannon
"My horse, Mac, is essential to me. I feel like I can be myself around him."

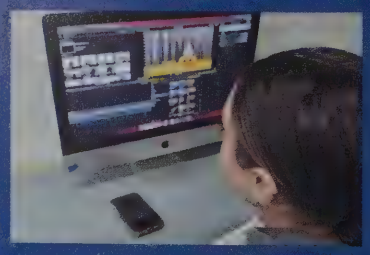
Behind the Scenes of TANTASQUA WEEKLY NEWS

Tantasqua Weekly News (TWN) is an all senior class. In order to take this exciting class, you have to take a media class as a junior or sophomore. TWN is a way for students to present information through videos. Not only do they report the news, but they have many other segments included. As of semester 1, there is a news segment, question of the week segment, education segment, alternative segment, and a credits segment. Throughout one week, they have to prepare and decide on ideas, film, and edit all before a Friday deadline. TWN allows students to be creative and reveal their personalities to Tantasqua's community.

Since the education segment is being filmed, Julia Faegre and Alyna Facteau are managed education and they decided to focus on exotic holidays. Julia describes the education segment as, "a fun way to educate the community on subjects that are necessary to learn." If you want to learn something new, go watch TWN!



Samantha Marchese, Kathleen Cropley, and Taylor Phay for an alternative segment. This segment lets the students of TWN come up with their own creative segment where they are able to employ their video skills. Kathleen says alternative segment is her favorite of them all because "the segments can range from a movie trailer to a fashion show every week." This a fun and interesting segment to watch each week!



Tessa King works hard to get education segment all put together for her Thursday deadline. Tessa's favorite aspect of the class is the editing process. She states, "it is cool to see all the clips come together; a week worth of footage comes together seamlessly after one day of editing." Her attention to detail and amazing precision always pays off.

Avant Fitzpatrick and Elise Rivers get the Question of the Week (QOTW) board ready to attract people in the hallway. This week's question is "Who is your celebrity lookalike?" QOTW is a fun and interactive way to get students in the hall involved in TWN. There is a new question every week so make sure to answer each week to be featured in TWN.

Kathleen Cropley,

Jacob Croteau

Scott Croteau

Nasario Cruz

Macy Cunningham

Dylan Cusson

Megan Custer

Kira Dambly

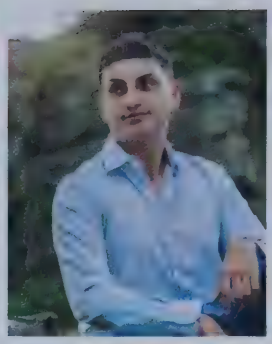
Arthur Davidson

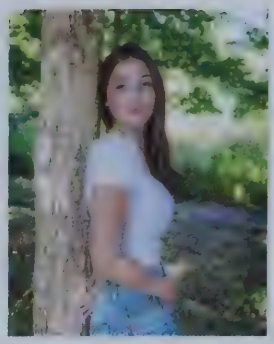
Jack Debruin

Alexander DeGray

Amber DeJordy

Lauren DelGaudio


Aiden Dieffenwierth


Fiona Diemand

Haley Dionne

Ariel Dipietro

Katharine Downing

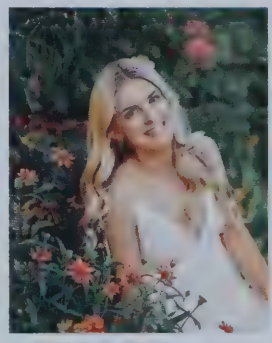
Sarah Drajpuch

Cedric Dubois

Haley Dulmaine

Marabeth Dutcher

Caden DuVerger

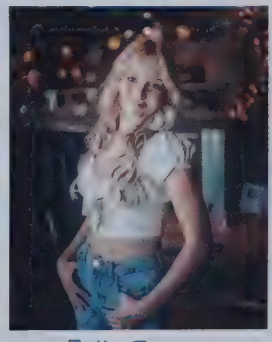

Lilly Ehrhard

Casey Ellison

Aidyn Embair

Kaia Erickson

Alivia Facteau


Julia Faugno

Matthew Fenner

Michael Fenner

Avant Fitzpatrick

Aidan Folger

Samantha Forgit

Logan Frank

Ashton Frechette

Hailey Frisella

Caylie Fuhrmann-Bell

Gabryelle Fullen

Corbin Gadbois

Misako Genest

Mariana Gentile

Aidan Gingras

Francesca Giorgio

William Glaser

Claire Godek

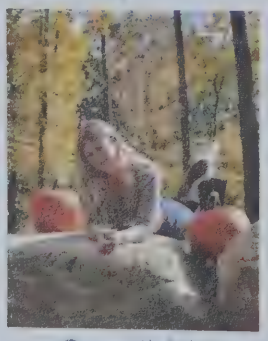
Madelyn Gore

Ella Grant

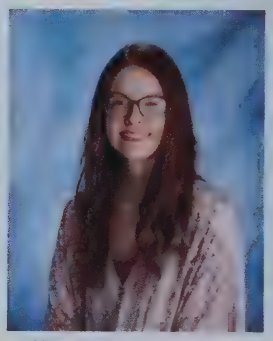
Mattea Grillo

Summer Gunton-Lamothe

Tyler Guskey


Grace Haight

Nolan Harold


Jessica Hennessey

Claire Hill

Danyelle Holmes

Nathan Hornberger

Keith Hough

Mary Hough

Ava Howard

Ryan Huettmann

Jackson Huot-Parent

Dante Jimenez

Allison Johnson

Hannah Johnson

Lydia Julian

Rance Jumawan

Isabel Kadlik

Alexis Kaloudis

Timothy Kane

Grace Karbowski

Emma Keith

Emily Kelley

Ryan Kelley

Jadyn Kiley

Get FIT with the National Guard

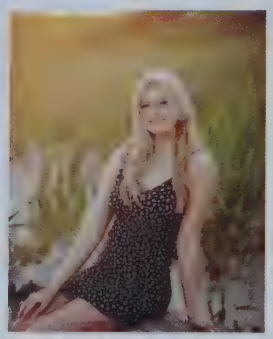
Sports Fitness classes participated in a four day training session sponsored by the National Guard. This was a replica of the training that recruits go through. On left is senior Sophia Parker who said "I hated it. It was very hard but rewarding!"

There were many different activities that were set up to get a realistic feel for the whole training. Not only did the volunteers from the National Guard treat the students like it was a real training, the students felt it! Ian Megrath said "It was a solid workout and a really fun but tough experience."

William Kimball

Jonah Kirschner

Tessa Kline



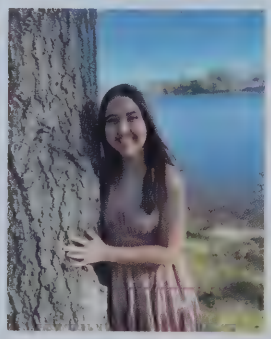
Sheridan Knapik

Ella Kozyra

Devin Krochmalnyckyj

Exavier LaBay

Camron LaMarche



Madeline Lancour

Kyrah Langille

Zachary Langlois

Gabriel Laprade

Anthony Lataille

Gavin Lataille

Caden Lauritsen

Evan LeBlanc

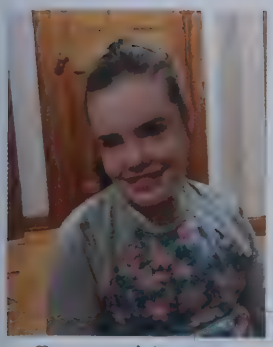
Kayden Lee

Ryan Lemieux

Ana Lima

Evan Lindberg

Nathaniel Machuca


Jasmine MacPhee

Olivia Magierowski

Hailey Mailloux

Yadiel Maldonado Rivera

Kaitryn Manley

Brian Marcinek

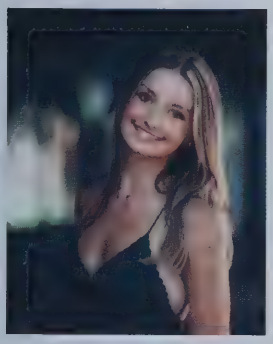
Olivia Marin

Zachary Martelli

Makenna Matczak

Lara Matheson

Marc Matton


Samantha Mayo

Eben Mazeika

Ian McGrath

Patrick McNamara

Lantana Meisl

Maxwell Milazzo

Julianna Milton

Mason Molina

Emily Moran

Abigail Morean

Trinity Morse

Cameron Murphy

Julia Murphy

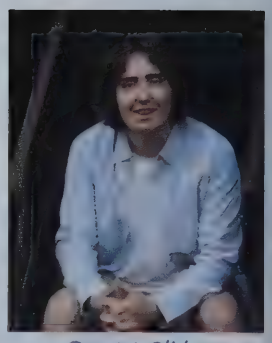
Sierra Murray

Dawson Naja

Jake Noinala

Owen O'Brien

Owen O'Connor


Daniel O'Neil

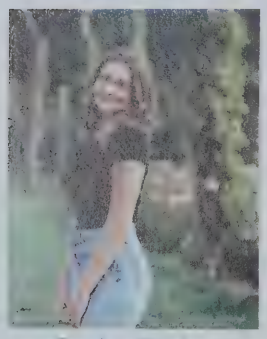
Demitris Ortiz

Lilly Paige

Jacob Palano

Kaylie Paquin

Steven Parent


Sophia Parker

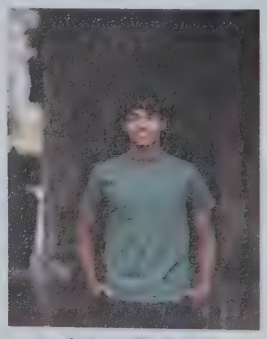
Tarin Parsons

Prince Patel

Arianna Patraw

Mallory Perri

Taylor Phay


Aubyn Phillips

Jace Phillips

Eleanor Pitcher

Caydence Plouffe

Derek Plowman

Tyler Powell

Keira Power

Lily Prest

Kiana Provost

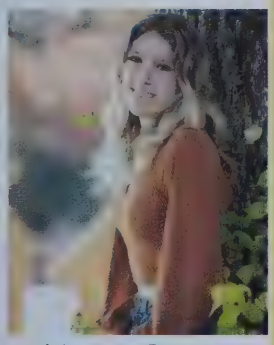
Joseph Przybycien

Rebecca Quevillon

Jaymes Quinn

Thomas Quinn

Simon Rabbitt



Marissa Randall

Mia Rapagnola

Colin Reynolds

Johnavin Rhinehart

Jack Ricci

Futures So Bright!

SENIOR INTERN SPOTLIGHT

Samantha (Sam) Forgit

Sam is an intern in the math department for Mr.Ventimilglia. In the future, Sam wants to get her PhD in pharmaceutical sciences. Sam gives some advice for interns- "Be patient with the kids. Do your best. It's okay to make mistakes. Make personal connections with the kids; it makes helping them more fun, and understanding them makes it so much easier for them to want to learn."

Aubyn Phillips

Aubyn is the golf team captain, and is currently interning at the Heritage Country Club in Charlton, where he is working on social media and in the Pro Shop. In college Aubyn wants to participate in a PGA management program, allowing him to live and work full time at any golf course during schooling.
"Going into this, I was looking up to the older players, but now I'm the one teaching the younger players, and it's very rewarding."

Lauren (Ella) Delgaudio

Ella is a senior intern for Ms.Hughes, helping in her health classes. "Ms.Hughes has really been there for me and helped me through my years in high school- now its my turn to help her." Ella will be attending school for both dental hygienics and equine studies, as she has a passion for horses. In the future, she wants to be able to care for horses both cosmetically and medically.

Braylon Casinghino

Braylon is a senior intern for Nurse Lucas at the Tantasqua Junior High School. Braylon says he decided to intern over at the junior high in the nurse's department because it gives him an opportunity to learn more about what he wants to do as a career. Braylon's goal for the future is to go to school to become a trauma nurse. "My dream job is to work as a trauma unit nurse because I want to help people and save lives."

Arianna Patraw

Arianna is the senior intern at Holland Elementary in their Preschool program. Arianna attended elementary school in Holland herself, and she says that she originally chose to intern in Pre-K because, "It's a lot easier to work with the younger kids than it is to work with older kids."

Mrs.Hogan is the current advisor of the senior internship program here at Tantasqua. She provides some advice for underclassmen hoping to have the opportunity to intern in the future, "I would tell underclassmen to make sure they are maintaining good grades, good attendance and staying out of trouble because there are criteria that need to be met regarding those three things in order to be approved to be an intern. Also, junior year during course selection is the time when internship applications become available and it is better to get it done sooner rather than later!" Students must have a 2.0 GPA, 90% attendance and no disciplinary infractions to be considered for an internship. They can then ask teachers in the building or people in the community if they could intern with them. Most supervisors set up a time to meet with the student before approving them for an internship, kind of like a job interview.

Who Inspires You To Be Your Best Self?

Kaela Weber

"My sophomore English teacher, Mrs. Carrero, always believed in me and had faith in me. She made me confident in myself and my writing."

Keira Power

"My biggest inspiration is Gordon Ramsay. I've been watching Hell's Kitchen/Watching him made me want to be a chef when I grow up."

Nathan Hornberger

"Dennis Rodman. I love his life the way he wants and he travelled to North Korea which is one of the places I want to visit. He's also very funny."

Tarin Parsons

"My biggest inspiration is my mom, she's always pushing me to be a better person. She's one of the smartest people I know and one of the most hardworking."

Brianna Woodard

"Paul Hollywood is my biggest inspiration. I watch most of cooking and baking shows just he stars in, which made me really interested in learning to cook and bake."

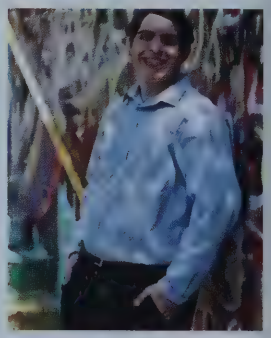
Emma Keith

"My dad is a hard worker and is very kind. He has great communication skills which I think is important in life. He's the most selfless person I know."

Kaitlynn Riley

Hope Rio

Elise Rivers



Brian Rizzo

Corey Roberts

Alejandro Rodriguez

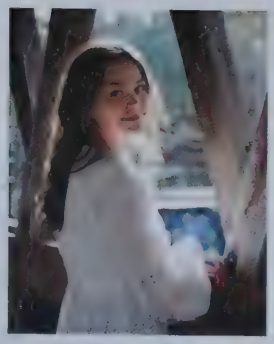
Ismael Rodriguez

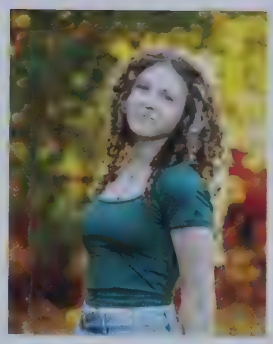
Kayden Rodriguez

Kyle Rodriguez

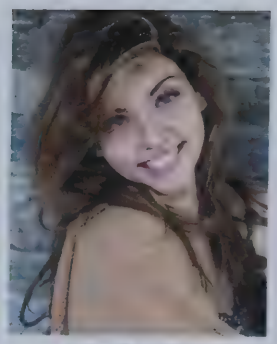
Eric Romanoff

Jake Rosen


Julianna Ross


Abigail Rossi

Cierra Rossi


Lily Roughan

Robert Sacco

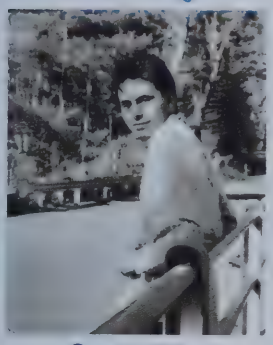
Damien Sargent

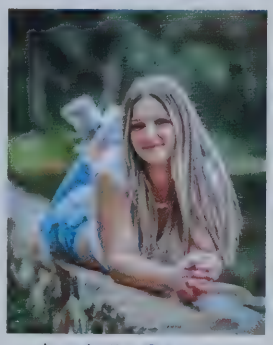
Katelyn Schneider

Jedidiah Seery

Molly Segatore

Adam Sheard

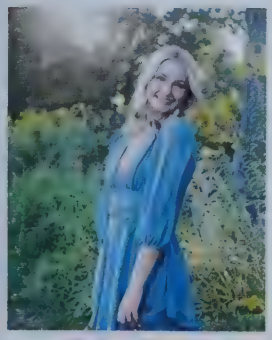

Dustin Silva


Lachelle Silvestri

Majed Simrin

Grace Smith

Griffin Smith


Haley Soden

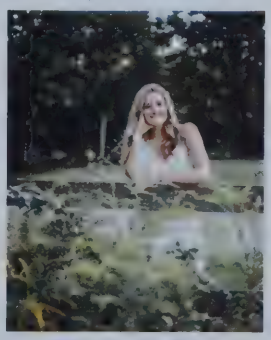
Riley Sterndale

Mackenzie St. Laurent

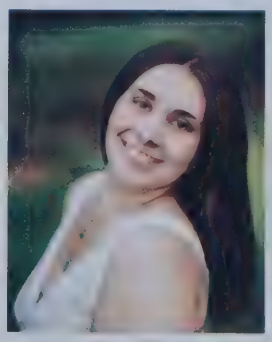
Alexandra Strickland

Anna Talamini

Alexis Taudel


Elizabeth Tebo

David Tetreault


Jasmine Tetreault

Jack Thomas

Kaylin Tietz

Olivia Trent

Lorenzo Valentin

Thomas Vanasse

Jacob van Lingen

Olivia Viapiano

Riley Vonthold

Alex Walton

Isabella Watts

Kaela Weber

Connor Weidler

Samantha Wells

Patrick Welton

Reece Westberg

Hunter Willette

Hailey Wilson

Brianna Woodward

Joyce Woodward

Kelsie Wotton

Zoey Zhu

Matthew Zietkowski

Brady Zuidema

In Memoriam

Tantasqua Regional High School mourns the loss of two seniors, Dominick Gardner and Vincent Ardizzoni, due to a tragic car accident early in the morning of June 26th, 2022. These boys were heading into their senior year of high school with bright smiles and readiness for the future. Although not everyone knew these boys, their stories and memory live on. They are missed dearly from the bottom of everyone's hearts here in the Tantasqua Family.

Dominick Gardner, more commonly known as "Dom," brought life to any room he walked into. He impacted many lives at just a young age. His peers admired his unconditional compassion for others, absurd humor, tenacity and his fun-loving free spirit. Don't get it wrong; Dom always had sarcasm and back handed jokes up his sleeve, but he never failed to make sure people saw the better sides of life. According to Cam Chisholm, class of 2022, "Dom was one of my best friends. He was like a brother to me especially when he moved in with us. One of my favorite things about him was that he was always ready to make someone laugh. I miss him more and more everyday, and he'll never be forgotten." Throughout his time at Tantasqua, Dom made many friends who care and cherish him deeply. The heartbreaking news of the accident hit close to home with many people throughout our community. Haley Soden was a classmate of Dom and they were very close to one another. "I remember how he got yelled at almost every day in Business Tech just trying to make people laugh. While he took the Leicester bus we would walk home together and share heartfelt memories that will never leave my mind. He is a familiar face in a room of strangers and was always there for me." Dom contributed to life in interesting ways outside of school as well, working at Stafford Motor Speedway every Friday, as well as helping out at Willow Brook Academy in Brookfield.

Vinnie Ardrizzoni wasn't just anyone you could pass by since he often walked the hallways with the biggest, brightest smile. He was a goofy, outgoing and caring person and if you needed something, he was there without any doubt. According to Kayden Lee, "He was just funny--he made everyone laugh." Vinnie tried his best to achieve and accomplish his hopes and dreams. He had a deep level of love for his friends and he showed affection and kindness to people. "His pride and joy was his car; he would give you a whole run down about the car if you asked one question," says Ally Mutlick, class of 2026. "He would crack a joke when you'd least expected it, but when you needed it most." Senior Marc Matton agrees, saying "I loved to work on cars with Vinnie and drive down back roads without a worry in the world. He was observant and if he was proud of you, he would tell you and congratulate you. It didn't matter if he was feeling blue, he would still have a smile on his face." Classmate Marc Matton says "I miss lots of things about Vinnie: his laugh, his three hats he alternated wearing, driving around with him, and most of all how he made me laugh."

These boys made days at Tantasqua a little brighter and we will always cherish our memories of them.

Dominick Gardner

Vincent Ardizzoni

SUPER

MOST LIKELY TO BE DIRECTION CHALLENGED

Zoran Krochmalnyckyj & Anna Talamini

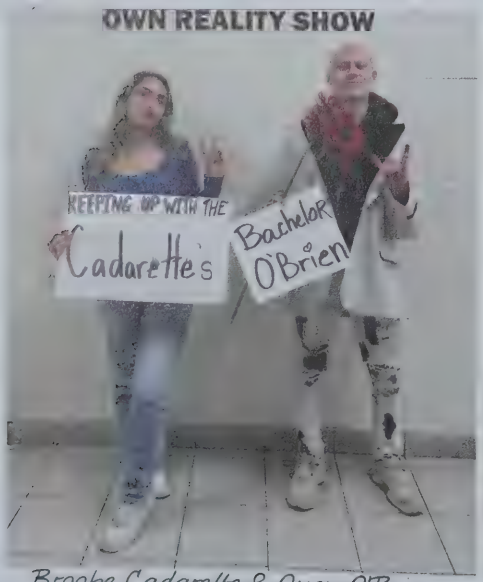
LATE FOR GRADUATION

Patrick Welton & Isabel Kadlik

MOST LIKELY TO BECOME PRESIDENT

Jake Rosen & Zoey Zhu

MOST LIKELY TO STAR IN THEIR OWN REALITY SHOW



Brooke Cadarette & Owen O'Brien

ATTACHED AT THE HIP

Hailey Wilson & Grace Smith

FASHIONISTAS

Taylor Phay & Eleanor Pitcher

LATIVES

BEST DEBATERS

Nathan Hornberger & Lantana Meisl

MOST SCHOOL SPIRIT

Kaitlynn Riley & Claire Godek

CLASS CLOWN

Jacob van Lingen & Luke Boisvert

CLASS COUPLE

Caylie Fuhrmann-Bell & Robert Sacco

MOST LIKELY TO OWN A YOGA STUDIO

Eben Mazeika & Macy Cunningham

BEST DANCERS

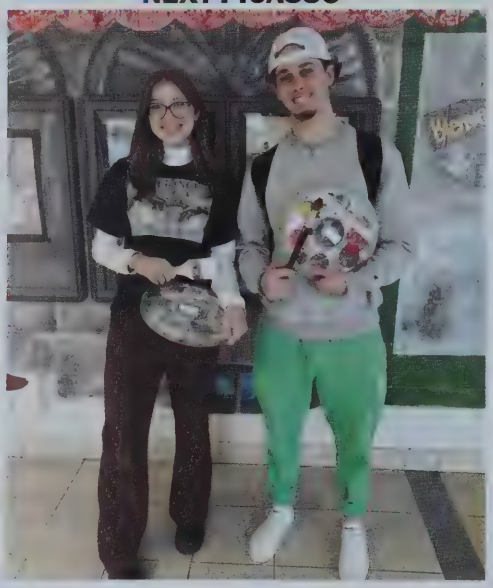
Samantha Mayo & Tessa Kline

SUPER

MOST LIKELY TO BRIGHTEN YOUR DAY

Madeline Lancour & Corey Roberts

NEXT PICASSO



Lara Matheson & Jaymes Quinn

MOST CHANGED SINCE FRESHMAN YEAR

Abigail Morean & Hunter Willette

TALLEST & SHORTEST

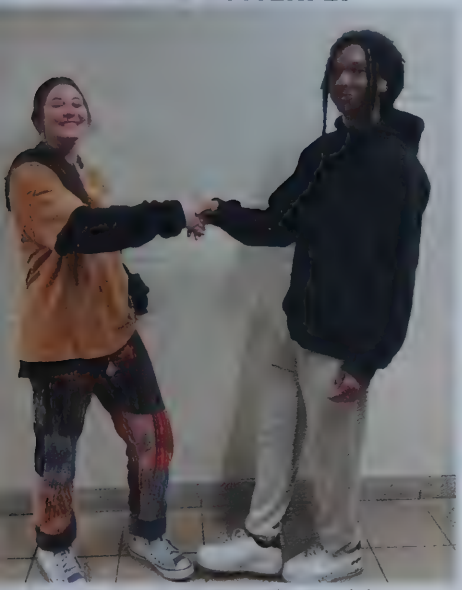
Braylon Casinghino $ Amber Dejordy

MOST ATHLETIC

Cameron Murphy & Olivia Magierowski

LATIVES

SOCIAL BUTTERFLY



Lilly Paige & Tafari Byfield-Felton

CLASS MUSICIANS

Casey Ellison & Nolan Harold

TEACHERS PET

Gabriel Laprade & Ana Lima

WORST CASE OF SENIORITIS

Conor Carey & Alivia Facteau

MOST LIKELY TO WIN AN OSCAR

Cierra Rossi & Arthur Davidson

Juniors

Kendra Adamson
Daelan Ahearn
Jack Alexander
Marcos Alfonso
Madeline Andersen
Liam Anderson
Zachary Anderson
Ailanni Aponte
Mariam Ataalla

Noah Aubin
Owen-Tyler Austin
Jaelin Aviles
Adam Bailey
Ryan Beede
Thomas Belton
Ileana Bernier
Leah Bischoff
Kayden Black

Ryan Blaine
Michael Bouthiller
Elizabeth Brackett
Samantha Briggs
Zachary Brigham
Brandon Brown
Caylee Brown
Payton Brown
Michael Bugbee

Logan Burdick
Anna Caforio
Kaylee Cain
Cameron Cantwell
Matthew Carney
Dylan Carter
Peter Casine
Cole Casinghino
Star Cass

Angelina Cassella
Francisco Castaneda Francisco
Kole Cepeda
Anthony Cervi
Ava Chevalier
Tess Chevalier
Robert Cleary
Isabella Colangione
Eleanor Colati

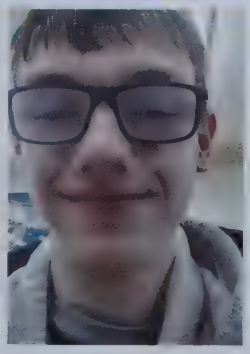
Patrick Coleman
Tucker Collins
Isaac Colon
Jennelee Colon
Loren Colson
Elliot Conti
Spenser Cook
Matthew Cooper
William Cooper

Lyle Corwin
Starr Cottone
Merrik Cowden
Michael Coyne
Katrina Crowley
Savannah Crozier
Daniel Cruz
Andrew Curtis
Aiden Custance

What advice do you have for incoming freshmen?

Wren Crowley, (11)
If someone tells you to stop doing something just be espectful and stop."

Hunter Harris,(11)
"Make sure you choose the classes that you want to take and do not join a class just because your friends want to."



Emmett Peck, (11)
"Don't slack off in class and try your best in all classes like ask questions, stay after and work on your full potential"

Juniors

Reilly Cyr
Connor Davison
Sam Derose
Myles DeSimone
Joseph Desy
Nathan Dietz
Lilly Donovan
Finleigh Dragon
Patrick Dunn

James Egan
Katherine Eliason
Alex Fairbrother
Hannah Farraher
Erin Farrell
Sofia Fazzuoli
Lilith Field
Brooke Fitzgerald
Camden Foley

Kevin Foley
Raymond Fontaine
Jack Forgit
Ashley Friend
Ian Gaboury
Phyn Garcia
Elyse Genaway
El Gibeau
Sara Gill

Kaden Gillette
Rhiannon Gingras
Kathleen Goncalves
Nina Gonzalez
John Gonzalez Galarza
Luke Goodwin
Ella Gosselin
Avianna Gregoire
Abigail Grillo

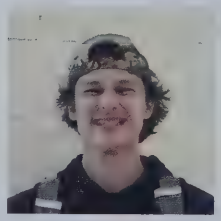
Michael Gruszka
Abigail Gumlaw
Lauren Gunagan
Alexis Haire
Finian Hanrahan
Clyde Harrell
Hunter Harris
Trevor Harris
Andrew Harrowfield

Alec Hastings
Louis Hayes
Brodie Hemingway
Jason Hennessey
Jack Herber
Jace Hess
Ellie Hill
Layne Holcomb
Jacob Hooker

WE ASKED, YOU ANSWERED:

If you could go back to any grade, what would you choose?

"I would say 11th grade because I'm having a good year."- Andrew Harrowfield



"2nd grade because that's when Love Sosa dropped."- CJ Harrell

"6th grade because there were no big responsibilities and you could just have fun all the time."- Jack Herber

"6th grade because I moved schools and met all of my friends."- Norah Wislon

Sophomore more year because I loved it."- Katelyn Weeden

"Freshman year because I made a really bad hair choice and I want to go back and fix it." - Jenny Colon

Tyler Hoschek
Liam Hubacz
Jack Huckins
Tristan Hughes

Cole Ialbert
Ash Jenks
Alexander Jensen
Vanessa Joyner

Ethan Kennedy
Maddox Kennedy
Horel Love Kentsa Lepawa
Brayden Kida

Ethan Korenda
Thomas Koslowski
Jakob Koop
Joshua Kubicki

Zachary Kuszpa
Nathan Lafaille
Kallie Laflamme
Riley Landine
Jonathan Landry
Ethyn Langevin
Emily Lapierre
Rosemary Lapierre
Nathan Lavoie

Mckenzie Lazarick
Carson Lebeau
Peyton Lemanski
Alexandra Lemovitz
Isabella Leneau
Mason Leo
Michael Leth-Steensen
Joseph Levesque
Aaron Lidonde

Emma Lord
Dylan Loveless
James Luukko
Payton MacDonald
Sophia Machnik
Aaron Mahaney
Neriah Maisonet
Ava Marcucci
Luke Marvin

Ezekiel Marzlutt
Leanna Matczak
Alexandra Matheson
Elizabeth Maxfield
Leland Maxfield
Lauryn Mayotte
Reilly McCormick
Samantha McGlinchy
Colm McGrath

Orla McNamara
Dereck Mendez Fuster
Avery Michalak
Maya Miranda
Avery Mitchem
Brady Moore
Benjamin Moquin
Emilie Motyka
Erin Nelson

Juniors

Hunter Normandin
Cole Nussey
Emmet O`Brien
Addison O`Connell

Brenden O`Gara
Matthew Oko
Tyler Olden
Mason Oxman

Ivangeline Pabon
Yohandy Paez
Yohanlys Paez
Riley Palmer

Samuel Panek
Haleigh Parkinson
Sarah Parron
Behailu Pecci
Emma Peck
Makena Pentoney
Toby Peret
Dominic Perreault
Alexa Perron

Mark Perry
Ella Petersen
Anthony Plaszewski
Heidi Powers
Trinity Provost
Thomas Puckett
Isabella Quero Tobon
Emmalee Quintal
Willem Raczkowski

Abigail Radebaugh
Richard Ramos
Jack Rapose
Gabriel Recore
Jack Ricciuti
Gabriel Rice
Kyle Rice
Landon Rice
Braeden Rich

Patrick Richards
Abriella Rio
Esperanza Rivera
Juliana Rivera
Alexis Robidoux
Joseph Roderick
Claire Rogers
Hailee Rojas
Edward Roy

Hailey Ryan
Sierra Ryan
Isabella Santa
Brenden Savicki
Gabrielle Scanlon
Mikayla Schwartz
Morgan Schwartz
Wyatt Serrenho
Taylor Sexton

Adrienne Shaw
Elizabeth Shaw
Jeffrey Shaw
Keller Sheridan
Jamie Sherman
Grayson Shettler
Mia Shimansky
Lindell Smith
Andrew Soderberg

Dylan Spillane
Owen Stattenfield
Grace St Laurent
Fern Suarez
Maxwell Sullivan
Jacob Swallow
Morgen Swallow
Sean Sweeney

Zachary Sweet
Bryce Tessier
Mark Thomas
Elizabeth Thompson
Helena Thompson
Nicholas Toomey
Sebastien Troyse
Natalie Truax

Louis Vane
Eve Vanwickler
Nicole Vejack
Addalyn VonHold
Aidan Way
Katelyn Weeden
Riley West
Abigail Widen

Julia Wilkesman
Haley Williams
Norah Wilson
Jillian Winco
Taylor Winkler
Savannah Wirf
Ryan Wright
Alexis Yap

WE ASKED, YOU ANSWERED:

If you could go back to any grade, what would you choose?

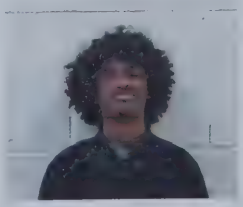
"It would probably be 8th grade because I was happiest then."- Starr Cottone

"I would say 3rd grade because my 3rd grade teacher was my favorite and it was less stressful."-Tess Chevalier

"Fifth because it was more fun and interactive than high school" - Lizzy Maxfield

would say probably 6th grade cause it was prime Fortnite."- Patrick Richards

"I would go back to 6th grade because it was a fun and I didn't really have to do anything."- Behailu Pecci



Probably sophomore year because it was less work that I had to do in school and I had more freedom."- Avery Mitchem

Sophomores

Anthony Alarie
Isabelle Alden
Vincent Alexander
Jack Allen
Kaitlyn Allen
Johnathan Amott
Liam Anderson
Mackenzie Archambault
Charlotte Ardis

Cassandra Armata
Abigail Arndt
Marie Augusto
Samantha Baker
Ava Baldracchi
Lidia Barbalho
Ellen Barkoskie
Phoenix Bates
Brianna Baumgardner

Claire Beane
Tyler Belanger
Jack Bellone
Jake Bertrand
Ayden Blair
Miles Blake
Sadie Blando
Valeria Bonilla
Anthony Borowx

Hannah Bottum
Gabrielle Bourbeau
Mackenzie Bourque
Orion Boyce
Andrea Boyd
Brandon Brouner
Stella Buday
Alex Budnes Brunelle
Teagan Caouette

Cadence Cardrant
Ryan Carlson
Matthew Carson
Lila Caslowitz
Nicholas Casperantes
Autumn Cass
Aria Champney
Joseph Chidester
Erik Ciesluk

Sumner Cipro
Max Cohen
Ethan Collette
Zachary Cooper
Bee Costa
Elise Cruz Morales
Quintin Cummings
Ryan Cunningham
Samuel Curboy

Broderick Custance
Lauten Custance
Simon Daou
Ayden Davis
Jacob Davis
Abigail Davison
Bebe Deatte
Nathan DeJordy
Sofia DeMartino

We asked sophomores... "What is your favorite sophomore memory?"

Jackson Landine says "Unified Bocce was my favorite memory from sophomore year because it taught me to appreciate the little things, to include everyone, and to have fun".

Antonio Pereira says "I really enjoyed going to homecoming in October. I had a good time with friends.

Zoe Little shares that her favorite sophomore memory was watching the play Clue! "I had so much fun watching the play, I thought it was amazing and everyone did so well."

Sophomores

Zoe Derkaz-Forrest
Logan Devlin
Talen Dipietro
Alexandra Dodson
Ava Donahue
Austin Dono
Hannah Dores
Alyssa Drajpuch
Matthew Eaton

Caden Eccleston
William Ehrhard
Faith Eldred
Zachariah Ertsgard
Ethan Espinoza
Connor Fairbrother
Anthony Fazzuoli
Kyleigh Ferguson
John Ferraro

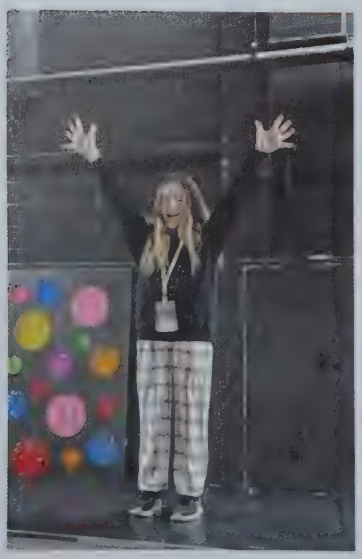
Lindsey Ferreira
Skylar Ferreira
Brayden Fillios
Talyn Fitzpatrick
Chace Fredette
Sadida Freeman
Adrian Fuller
Eli Gabree
Brent Gallipeau

Connor Gamache
Brooke Garceau
Victor Garden
David Garrett
Madeleine Gaumond
Dane Gentile
Andrew Gentili
Matthew George
Nicholas George

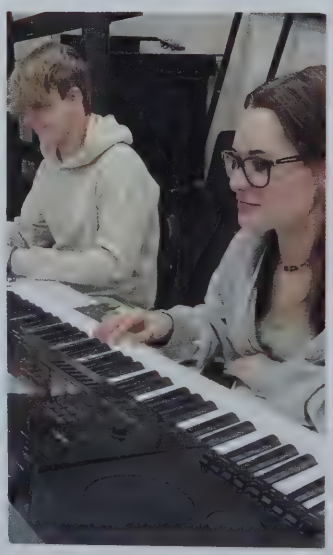
Maya Gidopoulos
Michael Glaser
John Glennon
Edward Goodwin
Julianna Gorman
Isaac Gravel
Olivia Gravel
Payton Griffin
Landon Grover

Sarah Elizabeth Grybowski
Zack Grzembski
Troy Gunnerson
Madison Haffty
Alexi Hague
Abram Hall
McKenna Haney
Anna Hendrikse
Zachary Hilborn

1



2

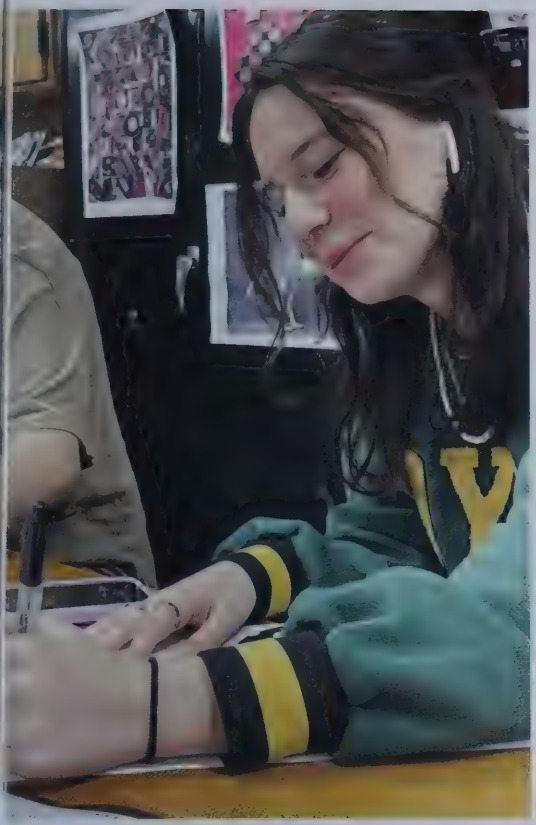


3

1. Anticipating the future! Olivia Gravel is seen jumping for joy at the anticipation for the auditions for The Little Mermaid around the corner! "I love doing the musical because it really helps me put myself out in the world, and I also get to showcase my abilities!" Gravel states.

2. Do Re Mi... Valerie Fanion and Donald Andre practice their notes in piano class on keyboards provided to the students.

3. Spanish Galore. Zack Grzembski enjoys doing his work in Spanish Class.



Addison Hillard
Gabriel Howard
Adam Howe
Jillian Hubbard
Charlie Humphreys

Nicholas Iacobucci
Florenc Itti Limka
Andrew Jacques
Elijah Jensen
Ayden John

Maggie Johnson
Zavier Johnson
Owen John
Carolyn Jones
Jesse Kady

Ivana Kallini
Christopher Kane
Joshua Kelley
Alexander Kenney
Adrianna Keswick

Lucas Kimball
Alex Kimbell
Carsyn Knapik
Grant Komsst
Sophie Komsst
Gladys Krause
Samuel Labkovsky
Valeria Lafferiere
Riley Lancour

Jackson Landine
Zakary Langille
Dylan Lapointe
Adarius Lavallee
Keanu Lawrence
Kenyon Lawrence
Haley LeBlanc
Eleanor Leland
Lilianna Lescio

Mayda Lesniewski
Charles Linton
Zoe Little
Tyler Lomme
Madison Luce
Brooklyn Mackin
Spencer Mackin
Lucas MacNevin
Keelan Mader

Samuel Madison
Star Magnant
Marcus Marcucci
Kyle Marini
Rory Marrara
Donavan Maudsley
Morgan Maxwell
Lylah Mayo
Kailyn McCarthy

Madison McCarthy
Haley McCormack
Kristofer McDaniel
Paul McDermott
Rey McGuinness
Kason McGuire
Morgan McNally
Devan Melanson
Jake Melillo

Sophomores

Sage Merchant
Kimberly Mero
Jordan Mersereau
Julia Milam
Nicole Miranda

Alexa Mizikar
Joseph Molinari
Tyler Monopoli
Chad Montiverdi
Jocelyn Mrotek

Mackenzie Naja
Lia Naples
Isabel Neves
Sydney Ng
Lucas O'Connor

Evan O'Donnell
Emily Ogden
James O'Neal
Kaydence O'Neil
Ginzaram Onwubueke
Sophia Outland
Angel Pacheco
Autumn Palmere
Giulio Papandrea

Ethan Parker
Andrea Pascale
Samuel Passarelli
Connor Payne
Matthew Payne
Elizabeth Pearl
Stina Pecci
Cory Peck
Ryan Percival

Antonio Pereira
Makenna Perro
Mason Perro
Isabella Petersen
Wesley Peterson
Noah Phelan
Brandon Phillips
Cole Piergallini
Maxwell Pitcher

John Pope
Reagan Potvin
Savannah Prest
Natalia Proulx
Christian Pytel
Emma Quinn
Alexis Ramos
Niyana Ramos
Emma Raymond

Ava Reynolds
CJ Rich
Damian Rich
Fatimah Robbins
Kayla Roche
Aiden Rodriguez
Jann Rodriguez Soto
Garnet Roe
Kailyn Rogers

Tristan Rondina
Gabriel Rosado
Erick Rosado Soliver
Anderson Rosales Guzman
Dillon Ryan
Luz Saarinen
Daniela Sabat Machado
Fletcher Sacco
Rachel Salisbury

Riana Santiago
Marcus Santos
Emily Savage
Carter Schantz
Jonah Scherer
James Sciaraffa
James Segatore
Nalani Senckowski
Cameron Sexton

Brodie Shafer
Avery Shaw
Levi Shepard
Lilina Shiers
Anthony Shiraka
Souk Singvongsa
Bella Smith
Rory Smith
Lukas Springer

Joan Squier-Donnan
Madelyn Stalker
Leela Start
Sydney St Denis
Victoria Stendrup
Gwendolyn Stevens
Norah Stewart
Sarah St Laurent
Damion St Peter

Logan Summers
Gregory Surozenski
Juliana Sutter
Sofia Szczypiorski
Michael Szwarc
Sofia Tallman
Leah Thibeault
Reid Thompson
Emaree Tietz

Jerian Torres
Sophia Vane
Sophia Vazquez
Jay Velasco
Alexander Vilandre
Elijah Webb
Robert Wheeling
Cameron Winiarski
Nola Wiseman

Justin Witkowski
Ella Woloski
Antonio Wood
Autumn Woodard
Jayden Woodworth
Noah Wotton
Hannah Wright

We asked sophomores...What is your sophomore theme song?

Brandon Phillips says, "Definitely Family Ties by Kendrick Lamar. I listened to it a lot at the beginning of the year and it's a really good song."

Sofia Demartino and Alexa Mizikar would add Homecoming by Kanye West to their sophomore playlist. "It is a super fun song, and it reminds us of some of our good memories from this year."

"My sophomore theme song would have to be Escapism by RAYE. It helped me get through this year, I basically listened to it on repeat" Sarah Grybowski tells us.

Freshmen

Avery Adams
Tess Alexander
Tyler Amaral
Willow Anderson
Gary Ankin
Lila Appling
Logan Arrastia
Elizabeth Ashe
Benjamin Bachand

Delaney Backhus
Viviana Barboza
Kameron Barnett
Nolan Battista
Jacob Baxter
Benjamin Beckerdite Kane
Keith Bergevin
Zachary Berthiaume
Zachary Besaw

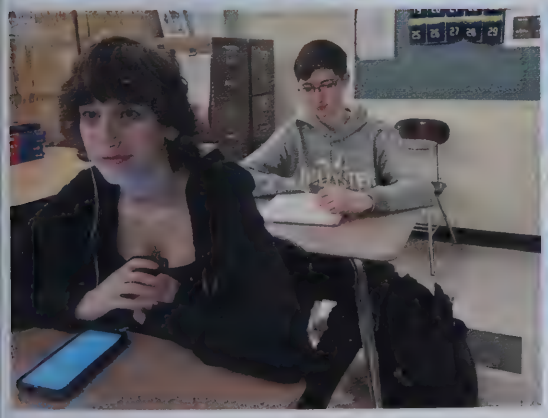
Joshua Bishop
Keegan Blood
Phoebe Bouteau
Andrea Bolton
Chase Bond
Anthony Bouchard
Cortney Boudreau
Riley Brodeur
Amelia Brower

Davannie Brown
Lucas Brown
Natalie Bruneau
Max Bugbee
Anna Burns
Jarrid Burrell
James Butler
Brooke Buzzell
Emma Bys

Celso Cabrera Gilbert
Makayla Capillo
Julian Caputo
Kaelyn Caron
Jack Carter
Massimo Cascio
Keira Cass
Gersen Catan Tom
Dylan Cavanaugh

Callie Chamberland
Alexander Chaffin
Cynthia Chenne
Hunter Clark
Noah Clark

Wyatt Collins
Aolanee Colon
Collin Connor
Emily Cooley
Dylan Cormier



Eric Cormier
Daniel Correa
Makenzie Cortes
Violet Corwin
Rhys Costa

Lily Coulombe
Brady Cummins
Layla Curboy
Michael Cutler
Evan Dambly

Freshmen

Madelynn Dart
Emmett Deatte
Madison Decelle
Wyatt DeCelle-Parker
Kina Demears
Colleen DeMings
Brandon Denham
Todd DeRose
Mollie DeSimone

Alex DeVarenne
Nathan Dono
Chloe Doolin
Nicholas Dutcher
Maeve Early
Brandon Easton
Avery Eccleston
Lillian Egan
Thomas Eldred

Lucas Elkinson
Sophia Ezzo
Mairaed Fairbrother
Mischa Ferguson
Trinity Fernandez
Jayden Figueroa
Luca Fiorucci
Wyatt Flannery
Haley Fluegel

Audrey Folger
Ayden Foster
Caden Frechette
Madison Frick
Aiden Gambon
Madyson Garceau
Ari Garden
Jayden Garvin-Nusz
Isabella Geagan

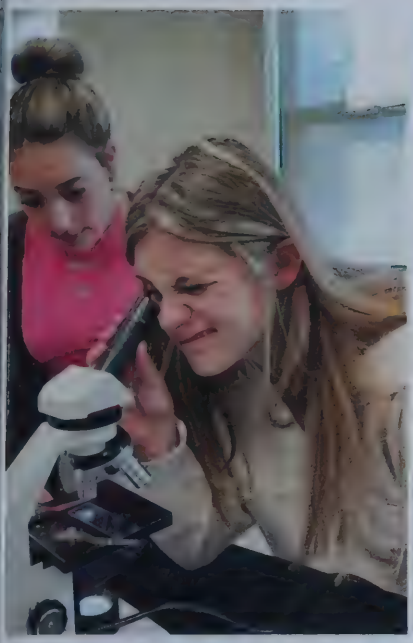
Juliana Giannandrea-Mustion
Zachary Godek
Taylor Goding
Kiara Gonzalez
Brendan Gorman
Gillian Gosselin
Akarie Green
Tristan Grennon
Oliver Grover

Randy Guzman Perez
Sophie Hand
Delaney Hanrahan
Luke Hartwell
John Hebert
Alexandra Hidalgo
Caleb Howard
Kierra Hughes
Colton Hurlbrink

Elle Kearns & Madeline Kowal

Akarie Green & Savannah Toney

Caleb Howard & Colton Hurlbrink



Rylie Hurley
Faith Iott
Noah Jacques
Max Jalbert
Hope Jenkins
Jaden Jenkins

Madeline Kadlik
Elle Kearns
Avery Kelly
Taylor Kelly
Autumn Kennedy
Carson Kiley

Jacob Kirk
Fiona Knott
Madeline Kowal
Jonas Kupranowicz
Alyssa Kuszpa
Robert Labonte

Adriana LaCroix
Payton Lacroix
Gabriel LaFrance
Zachary LaFrance
Adrien Lamos
James Lambert
Jeff Lampes
Andrew Landry
Kyra Lange

Cameron Langevin
Jaelyn Lapensee
Ethan LaPlante
Vincent Laprade
Nathan Lardizzone
James Learning
Vincent Lebeau
Emma LeBlanc
Jacob Leite

Madyson Lena
Mitchell Leo
Patrick Letendre
Ella Leveille
Ava Levesque
Sophia Linden
Brady Lloyd
Angelo Lombardi
Caleb Lopatka

Gabriel Lopez
Idella Luukko
Amy Ly
Makayla Lyons
Grant Macfarlane
Angel Machado
Benjamin Machnik
Carter Malone
Stephen Mantalvanos

Aydan Marcinek
Phineas Marzluft
Christian Mbouadeu
Kylie McCarthy
Ryan McCarthy
Isabella McGrady
Carlee McShera
Eli Mersereau
Fenton Michalak

Casey Michener
Ayden Motyka
Allison Mutlick
Abby Nduyu
Isabella Neslusan
Daniel Neves
Kendall Nickl
Matthew O'Donnell
Logan Oko

Freshmen

Adriel Okuma
Anna Olson
Caleb Olson
Hayden O'Malley
Brady O'Neil

Philip Opatka
Addison Oxman
Cameron Palmer
William Palmer
William Panek

Eva Parker
Logan Parker
Sarah Parsons
Caroline Pataky
Ansh Patel

Cole Pattee
Hunter Peck
Obsidian Peeler
Ava Pelletier
Benjamin Percival
Jacob Perry
JulieAnne Petersen
Samuel Pieczynski
Cora Plue

Hailey Powers
Maya Proulx
Austin Puckett
Maia Puishys
Ethan Puzo
Ethan Quevillon
Andrew Quink
Amber Reed
Eilee Reed

Alison Regan
Jace Reith-Lowery
Grace Remillard
Andrew Rice
John Riley
Ashlee Rio
Caleb Robidoux
Jaylin Rodriguez
Jorge Rodriguez

Hope Roe
Janely Rosado
Paige Rosen
Kylie Ryan
Keoni Savoie
Hayden Sbalbi
Carter Schroth
Evan Schroth
Leah Schweyer

Maxwell Sealey
Cayleigh Serrenho
Analicia Serret
Vedant Shah
Brady Simpson
Evan Simpson
Eric Snay
Grace Solari
Landon Sommer

Lillie Soper
Madalina Sousa
Evelyn Spencer
Paige Spooner
Matthew St Denis
Alexander Stearns
Airabella St Pierre
Gretchen Strasheim
Natalie Sullivan

Quinlan Sullivan
Hayden Sweeney
Nickolas Sweet
Connor Sylvia
Michael Tamburri
Dylan Tetreault
Henry Therrien
Riley Thibeault
Camden Thompson

Peyton Thompson
Peyton Thompson
Andrew Ticlea
Anabelle Timmins
Savannah Tones
Sadie Touloumtzis
Justin Tranor
Lilli Trettman
Haley Truax

Jake Tully
Ryan Tuohey
Taylor Turcotte
Talyn Vallee
Christine Vanhook
Isabel van Lingen
Madelyn Vejack
Brody Vieweg
Bryce VonHold

Aubrey Waddell
Andrew Ward
Sophia Webb
Daniel Weiner
Collin Wing
Emily Wheeler
Spencer Wilkesmann
Alana Williams
Arianna Williams

Brady Willitts
Alexander Wilson
Nya Winslow
Kasey Woodford
Isabella Woodman
Abbie Wotton
Drew Wright
Raella Wyszynski
Aiden Yap

Madison Zehelski
Nicholas Zelazik
Ethan Zhu
Wade Zuidema
Wes Zuidema

WE ASKED FRESHMEN,
What makes you smile?

"Basketball because it feels like I am home." -Adriel Okuma

"My CRF250R dirt bike because it is fun to ride"
-Ben Machnick

"Our friends and phones make us happy"
-Madyson Garceau & Rylie Hurley

The Faculty and Staff

is comprised of a group of amazing people including teachers, substitutes, office staff, janitors, cafeteria workers and counselors. The entire faculty works together to ensure Tantasqua is the best place it can be. They do everything from creating schedules to holding help sessions to running after school activities. The teachers are always happy to help their students, and the counselors make sure every student feels safe and comfortable in the Tantasqua community. "The counselors always help me figure everything out and my teachers have taught me how to focus and express myself," remarks sophomore Kyleigh Ferguson. The janitors, cafeteria workers and office staff mostly work behind the scenes, but they still play a major part in keeping the school running smoothly. Many people don't realize the work that goes into creating the positive learning environment at Tantasqua that allows our students to succeed, but the staff truly goes above and beyond and it would not be possible without the contributions of each of them.

Faculty and Staff

Darci Andrade

Kimberly Antonucci

Ashley Arrastia

Michael Babb

David Bachand

Marcus Backlin

Andrew Bail

Jason Barber

Michelle Barnes

Wayne Barr

Alexandra Bell

Tyler Belmer

Brandon Bernard

Aaron Berthiaume

Toni Berthiaume

Joseph Beveridge

Susan Biggs

Amy Bishop

Scott Blackwood

Terri Boshka

Sarah Br[illegible]

Charlene Brady

Kerry Breinlinger

Tara Bruso

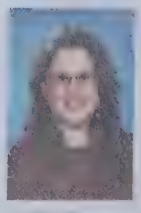
Courtney Cadieux

Holly Calianga

Heather Cameron

Marie Capezio

Tracy Carbone


Nikki Carrero

Denise Carrier

Nina Cartwright

Jillian Carty

Andrew Caswell

Deborah Champoux

Mark Chevalier

Kristen Child

Janis Coderre

Robert Collins

Audrey Coonan

Michael Cote

Sean Cusick

Sue Custance

Patricia Cutler

Julia Dalrymple

Gretchen Dalton

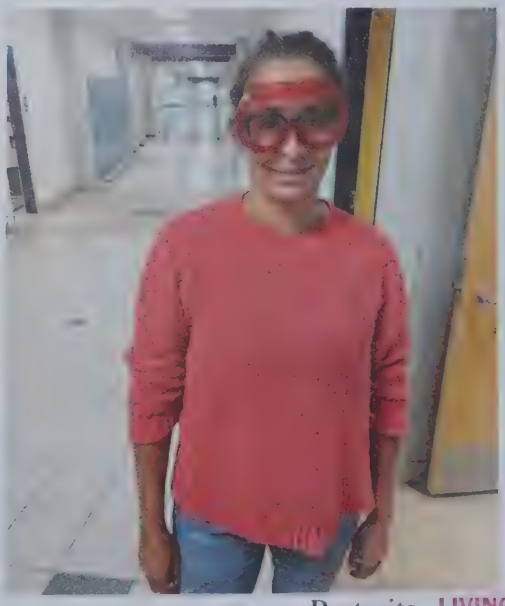
Nadine Delisle

Katelyn Depace

Kenneth Dibiasio

Scott Dion

Julie Donovan



Faculty & Staff

Anita Ducharme

Marie Dugay-Brusky

Steven Dunkum

Heather Egan

Kendra Eliason

Jason Erhardt

Joanne Escobar

Gayle Espinoza

Nicole Evanski

Richard Fanelli

Katy Field

Cristina Finn

Ann Marie Flanagan

Cara Fleming

Darcy Foley

Jessica Folger

Bruce Forand

Latoya Fortin

Hope Frew

Jennifer Gentile

Olivia Gionet

Kimberly Gorniak

Glenn Gregoire

Angela Grici

Charles Hamparian

Jonathan Hargis

Amanda Hawk

Eric Hawk

Jon Heaney

Jillian Hogan

Aaron Houatchanthara

Emma Hubacz

Maria Hughes

Donna Hutton

Amanda Johnson

Lydia Johnson

Leigh Joseph

Kristen Kemp

Paul Kristensen

Erik Lafortune

Lisa Lamothe

Noel Lamothe

Kathleen Landry

Louis Lariviere

Patrick Lariviere

Jessie Lavalle

Johan Leth-Steensen

Elisa Lopez-Dobski

Scott Mansfield

Nicole Markey

Jean Martinelli

Brian McCaffrey

Laura McHugh

Russ Mellor

Kerrie Merriam

Michael Metz

Frank Moccio

Maria Moccio

Nicholas Murdock

Theresa Muska

David Nameika

Christine Nelson

Beverly Nettey

Joshua Newell

Martha Nijssen

Pamela Norton

Patricia O`Brien

Julie O`Gara

Maryrose O`Neil

Curtis Orlik

Nathaniel Orzech

Helena Paez

Nicole Papazian

Debra Parks

Heather Payne

Kristin Pease

Erin Perreault

Audrey Poulin

Robert Raymond

Lindsay Redmond

Jamie Ribaudo

Olivia Ricci

Meagan Rice

Leah Ritacco

Elizabeth Rogalski

Erica Sama

Duane Schremser

Michelle Schroth

Timothy Seegan

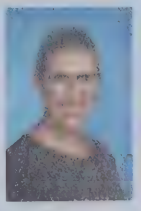
Michelle Seremet

Sydney Skaza

Amy Smith

Kerry Stahelski

David Stanley


Lori Stattenfield

Barbara St Germain

Holly St Jean

Martha Sullivan

Jennifer Swanson

Jonathan Thibault

Stephen Tieri

Lise Trahan

Elizabeth Trifone

Johnny Vargas

Keith Ventimiglia

Bartholomew Walsh

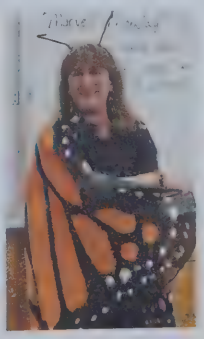
Tim Ward

Sarah Whalen

Amy Willard

Scott Williams

Mark Wood



Follow Your Heart

Tantasqua Clubs

1. Hit The Slopes. Ski Club (Middle Left and Top Middle) is one of Tantasqua's most popular clubs, as students spend Saturday nights in winter out on the slopes. "I love ski club because it's a great chance to spend time with my friends outside of school in a fun environment." Sophomore Charlotte Ardis tells us.

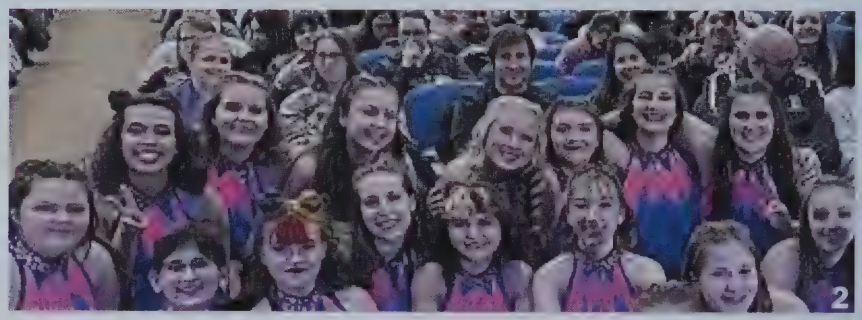
2. Release Your Rhythm. Tantasqua Show Choir (Top Left) consists of two groups: Radiance and Encore, and students form a tight knit group as they learn to sing, dance, and perform. Sophomore Sophie Komssi says "Show choir is an amazing experience. I've made a bunch of new friends and everyone is super supportive. Overall, it's perfect for me because I love singing and dancing, and it's super fun."

3. Off The Beaten Path. Mountain Biking Club (Top Right) is for the more adventurous and outdoorsy students. The group takes their bikes and hits the trails for an exciting journey in nature.

4. Make A Change. Student Council (Bottom Right) allows students to actively participate in and improve their school community, and make their voices known.

5. Outside The Lines. Art Club (Bottom Left) is perfect for creative students that want a way to express themselves or refine their skills.

6. Go Green. Tantasqua's Recycling Club (Bottom Middle) works to collect recyclable garbage, keeping it from our landfills. These students work to make our school, and the world, a better place.


2

1

5

What is your favorite part about being in a club?

"I love how clubs can help you meet new people and find new interests. I've met so many fun and positive people in show choir and made some great friends. I'm also a member of Model UN which helped me become a better public speaker."

"Definitely the friends I've made. Drama club is like a family, and I have so many connections that I wouldn't have made otherwise. I also love being in a club because it allows me to contribute to something bigger than myself and follow my passion for acting."

"I love being in Student Council because it's super rewarding to be able to get involved and help my school community. I like being a part of the planning process and behind the scenes of some school events, plus I get to see my friends."

1

3

4

Clubs & Organizations

YEARBOOK CLUB

YEARBOOK CLUB . FRONT ROW: Abigail Radebaugh, Julia Faugno. **BACK ROW:** Emilie Motyka, Kira Dambly, Olivia Trent.

FASHION CLUB

FASHION CLUB. FRONT ROW: Emilie Motyka, Eleanor Pitcher, Thomas Belton. **BACK ROW:** Olivia Marin, Haley Williams, Casey Ellison

CANCER KIDS FIRST

CANCER KIDS FIRST. FRONT ROW: Lilly Ehrhard, Grace Alden, Alexis Yap. **BACK ROW:** Makenzie Cortes, Caydence Plouffe, Olivia Magierowski, Ismael Rodriguez.

GAMING CLUB

GAMING CLUB. FRONT ROW: Zachary Sweet, Isaac Gravel, Jack Allen, Liam Anderson. **BACK ROW:** Kayla Roche, Edward Goodwin, Troy Gunnerson, Charlie Humphreys.

CONCERT BAND

CONCERT BAND. FRONT ROW: Hazzy Mcnally, Ella Grant, Emma Raymond, Fern Suarez, Madalina Sousa. **SECOND ROW:** Makena Pentoney, Jonah Scherer Layne Holcomb, Giulio Papandrea, Elliot Conti. **BACK ROW:** Daniel Wexler, Nathan Dietz, William Cooper, Gabriel Recore, Keller Sheridan.

STUDENT COUNCIL

STUDENT COUNCIL. FRONT ROW: Amber Reed, Emily Cooley, Natalie Bruneau, Faith lott, Paige Rosen, Kaitlynn Riley, Molly Segatore, Brooke Cadarette, Claire Co... Julia Faugno, Tessa Kline, Elyse Genaway, Anna Talamini, Zoey Zhu, Cassidy Chiasson. **SECOND ROW:** Kailyn Mccarthy, Madelynn Dart, Taylor Goding, Anapelle Timmins, Anna Olson, Tess Chevalier, Elizabeth Shaw, Ava Chevalier, Ava Marcucci, Willem Raczkowski, Abigail Radebaugh, Grace St Laurent, Nathan Lafaille, Haley Williams, Lindsey Ferreira, Jocelyn Mrotek. **THIRD ROW:** Julie Anne Petersen, Sarah Parsons, Kylie Mccarthy, Alexis Taudel, Lilly Ehrhard, Cameron Courtney, Haley Courtney, Thomas Belton, Brady Moore, Alexandra Matheson, Maya Miranda, Emilie Motyka, Payton MacDonald, Elle Kearns, Emaree Tietz, Alexa Mizikar, Charlotte Ardis. **FOURTH ROW:** Madelyn Stalker, Isabella Neslusan, Kierra Hughes, Sarah Grybowski, Jayden Woodworth, Alison Regan, Lillian Egan, Taylor Winkler, Lylah Mayo, Ryan Cunningham, Samantha Mayo, Macy Cunningham, Hailey Wilson, Ava Howard, Sofia Demartino, Stella Buday, Rachel Salisbury, Stina Pecci. **FIFTH ROW:** Casey Ellison, Ella Petersen, Samantha Forgit, Julia Wilkesman, Angelina Cassella, Nathan Hornberger, Jake Rosen, Jeffrey Shaw, Sam DeRose, Ella Kozyra, Grace Chisholm, Kira Dambly, Hannah Wright, Anna Hendrikse, Addison Hillard, Isabelle Alden. **SIXTH ROW:** Spencer Wilkesman, Michael Glaser, Ryan Percival, William Ehrhard, Alexa Perron, Alexis Yap, Addalyn VonHold, Olivia Trent, Avianna Gregoire, Leanna Matczak, Jason Hennessey, Rebecca Quevillon, Samantha McGlinchy, Riley Palmer, Sydney Ng. **SEVENTH ROW:** Hunter Peck, Mitchell Leo, Ethan Zhu, Alexander Wilson, Todd DeRose, Aiden Custance, Avery Michalak, Ethan Korenda, Camden Foley, Brodie Hemingway, Aidan Way, Jillian Winco, Natalie Truax, Kelsie Wotton, Hannah Dores, Claire Beane.**EIGHTH ROW:** Ethan Parker, Dylan Loveless, Dylan Clark, Owen O'Connor, Scott Andersen, Connor Babcock, Ian Mcgrath, Devin Krochmalnyckyj, Liam Hubacz. **BACK ROW:** Luca Fiorucci, Logan Devlin, Zachariah Ertsgard, Halen Barry, Samuel Bachand, Luke Boisvert, Jackson Landine, Gabrielle Scanlon, Colm McGrath, Patrick Dunn, Gabriel Laprade, Owen Stattenfield, Braeden Rich, Jack Rapose.

DRAMA CLUB

DRAMA CLUB. FRONT ROW: Lilith Field, Brady Moore, Avery Adams, Thomas Belton, Casey Ellison, Ella Kozyra, Sam DeRose, Mason Leo, Ella Reed. **SECOND ROW:** Sarah Grybowski, Erin Farrell, Nya Winslow, Angelina Cassella, Isabella Neslusan, Alison Regan, Willow Anderson, Caroline Pataky. **THIRD ROW:** Grace Chisholm, Leland Maxfield, Riley Lancour, Sophie Komssi, Stina Pecci, Gretchen Strasheim, Olivia Marin, Layne Holcomb, Hazzy Mcnally. **FOURTH ROW:** Nathan Lafaille, Keira Power, Brooke Fitzgerald, Olivia Gravel, Jayden Woodworth, Maia Puishys, Mairaed Fairbrother, Lara Matheson. **BACK ROW:** Emilie Motyka, Jocelyn Mrotek, Haley Williams, Ella Petersen, Kira Dambly.

ENCORE

ENCORE. FRONT ROW: Lauren Delgaudio, Ella Kozyra, Jason Hennessey, Samantha Forgit, Casey Ellison, Lara Matheson, Keira Power, Brady Moore, Lila Caslowitz, Hannah Bottum. **SECOND ROW:** Erin Farrell, Emaree Tietz, Olivia Gravel, Riley Lancour, Thomas Belton, Hazzy Mcnally, Elizabeth Shaw, Brooke Fitzgerald, Kierra Hughes, Anna Olson. **THIRD ROW:** Madeline Kadlik, Willow Anderson, Johnathon Beford, Jack Bullock, Sam DeRose, Jeffrey Shaw, Corey Roberts, Mason Leo. **BACK ROW:** Leland Maxfield, Makayla Capillo, Michael Glaser, Elliot Conti, Gabriel Recore, Zoe Anderson, Jacob van Lingen, Mitchell Leo. **NOT PICTURED:** Isabella Colangione, Arthur Davidson, Phyn Garcia, Lydia Julian, Isabel Kadlik, Grace Karbowski, Emma Lord, Mia Rapagnola, Nickolas Sweet,Michael Tamburri, Isabel van Lingen,

SKI CLUB

SKI CLUB. FRONT ROW: James Egan, Esperanza Rivera, Taylor Sexton, Robert Cleary, Jake Rosen, Maxwell Sullivan, Aaron Mahaney, Cameron Sexton, Starr Cottone, Brandon Phillips, Katelyn Weeden, Lilli Treitman. **SECOND ROW** Vincent Laprade, Eleanor Colati, Isaac Gravel, Sarah St Laurent, Alex Fairbrother, Lauren Gunagan, Zoey Zhu, Grace Alden, Jack Ricciuti. **THIRD ROW:** James Luukko, Hailey Wilson, Lylah Mayo, Hannah Wright, Nola Wiseman, Brady Moore, Maya Miranda, Alexandra Matheson, Sam DeRose. **FOURTH ROW:** Maddox Kennedy, Lindell Smith, Addison Oxman, Lillian Egan, Anna Hendrikse, Samantha Mayo, Lukas Springer, Rory Smith, Paige Rosen, Julie Anne Petersen, Spencer Wilkesman. **FIFTH ROW:** Matthew Oko, Hailey Frisella, Trinity Fernandez, Violet Corwin, Oliver Grover, Alexander Wilson, Charlotte Ardis, Adrian Fuller, Riley Vonhold, Addalyn VonHold. **SIXTH ROW:** Ethan Zhu, Dylan Loveless, Avery Michalak, Daelan Ahearn, Camden Foley, Ella Petersen, Grace St Laurent, Amber Reed, Madelynn Dart, Kylie Mccarthy, Fenton Michalak. **SEVENTH ROW:** Edward Goodwin, Kailyn Mccarthy, Stina Pecci, Adam Bailey, James Butler, McKenna Haney, Isabel Neves, Elle Kearns, Viviana Barboza, Vedant Shah. **EIGHTH ROW:** Brayden Kida, Evan Dambly, Todd DeRose, Ryan Percival, Jake Melillo, Leanna Matczak, Makenna Matczak, Emily Moran, Cameron Langevin, Michael Cutler. **BACK ROW:** Alexandra Lemovitz, John Riley, Jakob Krog, Nicholas George, Marcus Santos, Jonas Kupranowicz, MISSING, Luca Fiorucci, Adrien Lamas, Benjamin Percival, Simon Rabbitt.

CHORALEERS

CHORALEERS. FRONT ROW: Riley Lancour, Avery Adams, Thomas Belton, Casey Ellison, Willow Anderson. **BACK ROW:** Abby Nduyu, Brooke Fitzgerald, Hazzy Mcnally, Caroline Pataky, Makayla Capillo.

DUNGEONS & DRAGONS

CLUB NAME. FRONT ROW: Ezekiel Marzluft, Madison Haffty, Nya Winslow. **SECOND ROW:** Liam Anderson, Troy Gunnerson, Kayla Roche, Joan Squier-Donnan. **BACK ROW:** Sadie Touloumtzis, Juliana Giannandrea-Mustion, Charlie Humphreys, Zachary Hilborn.

Clubs & Organizations

SAVE PROMISE

VE PROMISE. FRONT ROW: Isabella Neslusan, anna Williams, Isabella Geagan, Anna Burns.

RELAY FOR LIFE

RELAY FOR LIFE. FRONT ROW: Sarah Drajpuch, Abigail Radebaugh, Carsyn Knapik, Anna Talamini. **BACK ROW:** Ileana Bernier, Riley Landine, Lauren Gunagan.

JAZZ BAND

JAZZ BAND. FRONT ROW: Zoe [illegible] Matheson, Jacob van Langen, Ellen [illegible] Michael Glaser. **SECOND ROW:** Casey Ellison, William [illegible] Eleanor Colati, Giulio Papandrea. **BACK ROW:** Nathan Dietz, Makayla Capi[illegible] Holcomb, Gabriel Recore.

DIVERSITY CLUB

IVERSITY CLUB. FRONT ROW: Zoey Zhu, Lauren Gunagan, Jake Rosen, Julia lilam. **BACK ROW:** Alexandra Lemovitz, Horel Love Kentsa Lepawa, Abby duyu, Rance Kenji Jumawan

RECYCLING CLUB

RECYCLING CLUB. FRONT ROW: Angelina Cassella, Fern Suarez, Bee Costa, Hannah Johnson. **BACK ROW:** Sarah Drajpuch, Anna Talamini, Eben Mazeika, Kelsie Wotton, Gabrielle Scanlon.

Clubs & Organizations

MODEL UN

MODEL UN. FRONT ROW: Brady O'Neil, Jayden Woodworth, Abigail Grillo. **SECOND ROW:** Abigail Gumlaw, Juliana Caputo, Stina Pecci, Maddox Kennedy. **BACK ROW:** Marcos Alfonso, Nicholas Casperaites, William Ehrhard, Ryan Percival.

ART CLUB

ART CLUB. FRONT ROW: Julia Milam, Sophie Komssi, Sara Parron, Casey Michener, Angelina Cassella. **SECOND ROW:** Rey Mcguinness, Ella Reed, Morgan Schwartz, McKenzie Lazarick, Mikayla Schwartz. **THIRD ROW:** Wyatt Serrenho, Brayden Kida, Alexandra Lemovitz.

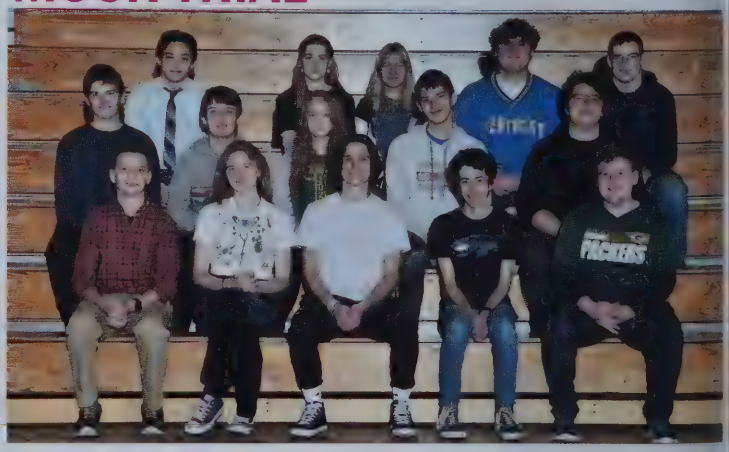
NEWSPAPER

NEWSPAPER. FRONT ROW: Zoey Zhu, Lauren Gunagan, Eleanor Pitcher, Jake Rosen, Caylee Brown.

MOUNTAIN BIKE CLUB

MOUNTAIN BIKE CLUB. FRONT ROW: Zachary Hilborn, Edward Goodwin, Troy Gunnerson, Benjamin Percival. **SECOND ROW:** Ethan Korenda, Ms. Foley, Simon Rabbitt, Ethan Zhu.

MOCK TRIAL



MOCK TRIAL. FRONT ROW: Jake Rosen, Eleanor Pitcher, Avery Michalak, Carter Malone, Michael Glaser. **SECOND ROW:** William Ehrhard, Michael Tamburri, Troy Gunnerson, William Glaser. **BACK ROW:** Rance Kenji Jumawan, Olivia Marin, Lilith Field, Jackson Landine, Zachary Anderson.

ATIONAL HONOR SOCIETY

ATIONAL HONOR SOCIETY. FRONT ROW: Ava Chevalier, Aiden Custance, Joseph Roderick, Jason Hennessey, Jake Rosen, Angelina Cassella, Abigail Gr[illegible] eary. Abigail Radebaugh **SECOND ROW:** Makenna Matczak, Emily Moran, Leanna Matczak, Julia Wilkesman, Jessica Hennessey, Abigail Gumlaw, Ella Gr[illegible] 'zgerald. **THIRD ROW:** Ava Howard, Jillian Winco, Misako Genest, Natalie Truax, Brady Moore, Maya Miranda, Alexandra Matheson, Kaitlynn Riley. Casey E[illegible] amantha Forgit, Zoey Zhu, Eben Mazeika, Brooke Bergevin. **FOURTH ROW:** Aubyn Phillips, Aidan Way, Griffin Smith, Cassidy Chiasson, Anna Talamini, Lara M[illegible] atelyn Schneider, Corey Roberts, Alexis Taudel, Tarin Parsons. **FIFTH ROW:** Ian Mcgrath, James Egan, Jack Rapose, Braeden Rich, Brodie Hemingway, Gar[illegible] anlon, Nicole Vejack, Taylor Winkler, Kaylin Tietz, Caylie Fuhrmann-Bell, Haley Courtney, Cameron Courtney. **SIXTH ROW:** Connor Babcock, Jamie Sherman, Th[illegible] elton, Ella Kozyra, Sam DeRose, Grace St Laurent, Samantha McGlinchy, Dylan Loveless, Camden Foley, Ethan Korenda. **SEVENTH ROW:** Francesca Gi[illegible] afaille, Grace Chisholm, Claire Godek, Lilly Ehrhard, Grace Alden, Caydence Plouffe, Haley Soden, Olivia Magierowski, Halen Barry, Samuel Bachand. **EIGHTH ROW:** ebecca Quevillon, Avery Michalak, Makena Pentoney, Samuel Panek, Macy Cunningham, Kira Dambly, Elyse Genaway, Nathan Dietz, Maddox Kennedy, Ryan [illegible] **ACK ROW:** Gabryelle Fullen, Matthew Oko, Hailey Frisella, Ella Petersen, Elizabeth Shaw, Tess Chevalier, Ava Marcucci.

RADIANCE

RADIANCE. FRONT ROW: Sophie Komssi, Kyra Lange, Casey Ellison, Ella Kozyra, Olivia Gravel, Samantha Forgit, Fern Suarez, Eilee Reed. **SECOND ROW:** Sarah Grybowski, Erin Farrell, Madeline Kadlik, Nya Winslow, Lilith Field, Caroline Pataky, Alison Regan. **THIRD ROW:** Juliana Giannandrea-Mustion, Avery Adams, Sadie Touloumtzis, Jayden Woodworth, Angelina Cassella, Gretchen Strasheim, Stina Pecci, Isabella Neslusan, Juliana Caputo. **BACK ROW:** Makayla Capillo, Michael Glaser, Elliot Conti, Gabriel Recore, Zoe Anderson, Jacob van Lingen, Abby Nduyu. **NOT PICTURED:** Kaelyn Caron, Isabella Colangione, Phyn Garcia, Lydia Julian, Isabel Kadlik, Grace Karbowski, Emma Lord, Cierra Rossi.

CONCERT CHOIR

CONCERT CHOIR. FRONT ROW: Riley Lancour, Juliana Giannandrea-Mustion, Avery Adams, Isabella Petersen, Daniel Wexler, Thomas Belton. **SECOND ROW:** Leland Maxfield, Brooke Fitzgerald, Emily Whittier, Hazzy Mcnally, Caroline Pataky, Robert LaBonte, Jacob Baxter. **BACK ROW:** Alison Regan, Abby Nduyu, Isabella Neslusan, Sam DeRose, Sophia Linden, Phoebe Boiteau.

Clubs & Organizations

PROJECT 351

PROJECT 351. FRONT ROW: Avery Michalak, Leanna Matczak, Avianna Gregoire **SECOND ROW:** Luca Fiorucci, Julie Anne Petersen, Kierra Hughes, Caroline Pataky.

ADL Peer Leaders

ANTI-DEFAMATION LEAGUE PEER LEADERS. FRONT ROW: Brady Lloyd, Sydney Ng, Stella Buday, Bee Costa, Zoey Zhu, Madelyn Stalker, Claire Rogers, Grayson Shettler, Katharine Downing **SECOND ROW:** Reagan Potvin, Hannah Wright, Avery Adams, Thomas Belton, Anna Burns, Kathleen Cropley, Grace Smith, Gabrielle Scanlon, Nicole Vejack, Brandon Phillips, Kailyn Rogers, Misako Genest, Lantana Meisl **BACK ROW:** Makena Pentoney, Rachel Salisbury, Keelan Mader, Olivia Magierowski, Elle Kearns, Isabelle Alden, Brady Moore, Charlotte Ardis, Macy Cunningham, Nathan Lafaille, Jake Rosen, Ethan Zhu, Stina Pecci, Layne Holcomb, Gladys Krause.

CAD CLUB

CAD CLUB. FRONT ROW: Spencer Mackin, Matthew Eaton, Liam Anderson, Rory Smith, Brayden Kida. **SECOND ROW:** Nicholas Casperaites, Marcus Santos, Addison Hillard, Savannah Prest, Lucas Kimball. **BACK ROW:** Sumner Cipro, Brandon Bronner, Sofia Tallman, James O'Neal, James Sciaraffa, Alexandra Lemovitz.

MATH TEAM

MATH TEAM. FRONT ROW: Jake Rosen, Lilly Ehrhard, Isaac Gravel, Edward Goodwin **SECOND ROW:** Ethan Collette, Makayla Capillo, Jessica Hennessey, Grace St. Laurent, Jamie Sherman, James Butler **BACK ROW:** Rance Kenji Jumawan, William Ehrhard, Ethan Korenda, William Glaser, Alexandra Hidalgo

Bump That Tanty Spirit Up!

The Winners of the volleyball tournament sporting their medals in style.

Jack Alexander spiking the ball over the net.

The rest of the teams cheering on the side lines.

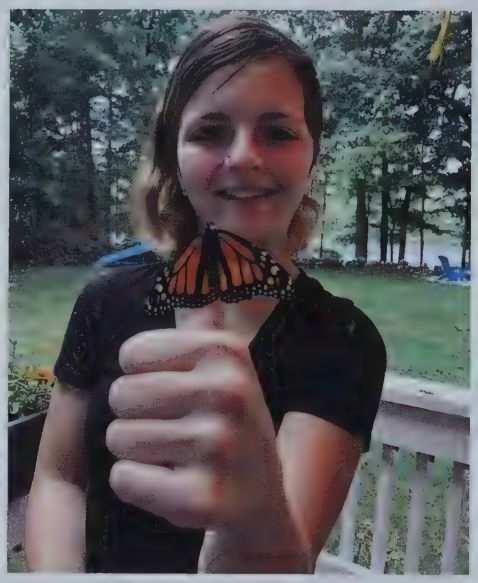
Trevor Harris and his team thinking about what their next move is.

Marcus Marcucci setting the ball up so he can serve it over the net.

A Sophomore team getting pumped up before playing in the tournament.

Tantasqua Class of 2024 hosted a Fundraiser on March 14th, 2023 to raise money for the Junior class. Students from all grades were able to participate by donating and forming a team. The final team winner ended up playing the teacher's team, which finalized in the students winning taking home the medal!

Hailey Dee Frisella



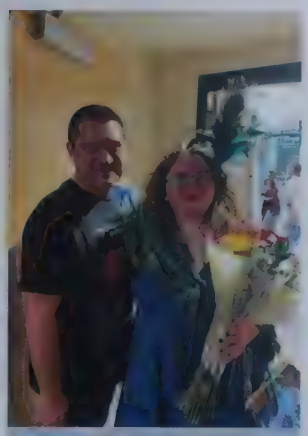
Congratulations to our beautifully brave, gently powerful, kindest force-of-nature, Hailey!
What an amazing job you did on this terrifyingly fantastical journey called "high school"!

Olivia Blando

We are so very proud of you. Remember to set out each day believing in your dreams. Know without a doubt that you were made for great things.

Owen W. O'Connor

We are so proud of you Owen.
All Our Love,
Mum & Luke



Cierra Rossi

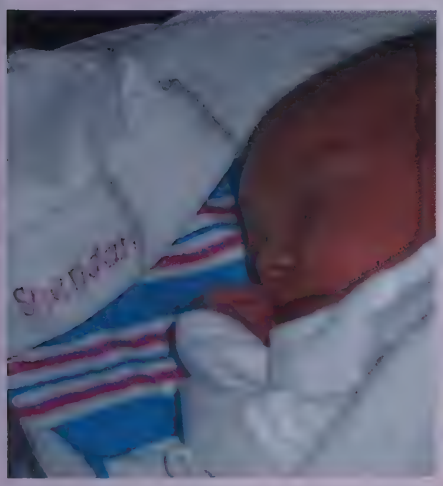
Thank you for being such an amazing daughter. You are an true talent, we can't wait to see what you do next! Always follow your dreams. Stay strong & true to yourself. Reach for the stars and grab the moon!
Love you! Mom & Dad

Quinn Blood

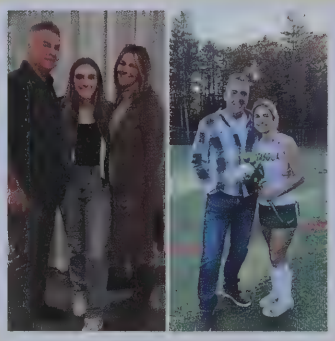
You make us so proud each and every day!
We love you, Quinn!
Dad, Mom, Bob, Braden, Keegan, and Gramps

Sheridan

Words cannot capture just how proud we are of you nor how excited we are to see you venture forth in this whole new world (Don't you dare close your eyes).
A hundred thousand things to see
(Hold your breath, it gets better)
You're like a shooting star, You've come so far... <3 xxoo



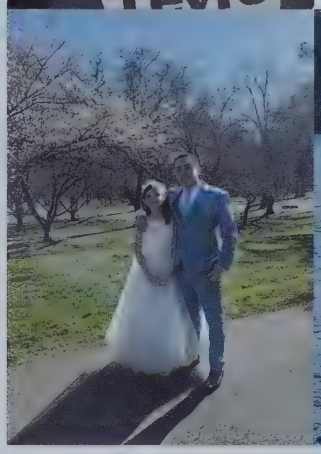
Brooke Eva Cadarette



Congratulations Brooke!
We are all so very proud of you. You are our SUNSHINE!
Work hard, play hard, and always dream big baby girl!

Yadiel O. Maldonado Rivera

These have been years of many changes and sacrifices. It has not been an easy task, but it has also been a wonderful experience looking at today's results. You are about to finish a first stage of your life, a stage that with successes (Many) and mistakes (Few) have formed and delimited your character, have founded the principles that will make you a good man. Remember that I will always be there for you. Love You Mom

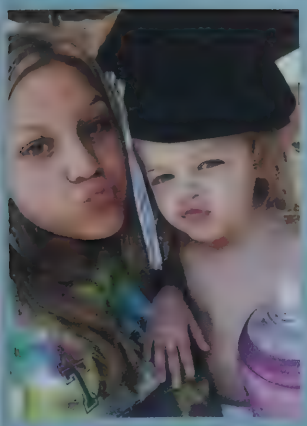


Aidan David Folger

"It's like in the great stories. The ones that really mattered. Full of darkness and danger they were, and sometimes you didn't want to know the end, because how could the end be happy? How could the world go back to the way it was when so much bad had happened?

But in the end, it's only a passing thing, this shadow. Even darkness must pass. A new day will come, and when the sun shines it will shine out the clearer. Those were the stories that stayed with you, that meant something, even if you were too small to understand why.

But I think I do understand. I know now. Folk in those stories had lots of chances of turning back, only they didn't. They kept going, because they were holding on to something. That there is some good in this world... and it's worth fighting for." -
JRR Tolkien
Congratulations Aidan! Love, Mom and Audrey



Mariana "AB" Gentile

Congratulations Nunna/Anabear!!
We are so very proud of you! We love you with all our hearts

Love always and forever,
Auntie Carrie, Uncle Adam, Grace and Storm

"You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose. You're on your own. And you know what you know. You are the guy who'll decide where to go."
Dr. Seuss

Tyler Guskey

CONGRATULATIONS GRAD!

We are so proud of you and all you have accomplished! You are a amazing young man and we can not wait to see what your future holds.
We love you
Mom, Jake, Brent & Emma

Zoe Victoria Anderson

You make us all want to be better. Your courage is inspirational, your humility humbling, your kindness unending, your intelligence is wise beyond it's years and you have the warmest heart! We are so proud of you! Thank you for being you!
Love, Mom, Dad, Emily, Zach and Willow

JESSICA HENNESSEY

Loving, kind,compassionate,thoughtful ,determined. A few words to describe the beautiful young woman you have become. You are an amazing daughter and sister, and we are so very proud, and love you more than words can say.

Mariana K. Gentile

Congratulations love bug. We are so proud of all your accomplishments. Remember you can achieve anything as long as you keep your head up You have grown to be a beautiful, strong, caring, and loving young adult. You Got This. Love, Mumma and Jason

Amber DeJordy

Always reach beyond the stars...
I love you always, Mom

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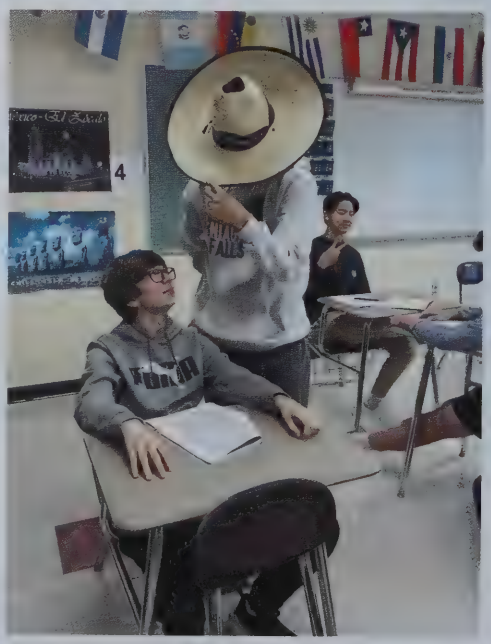

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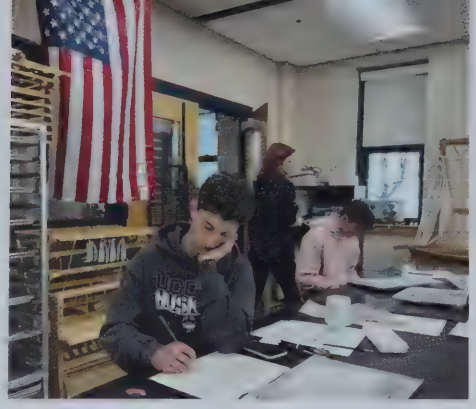

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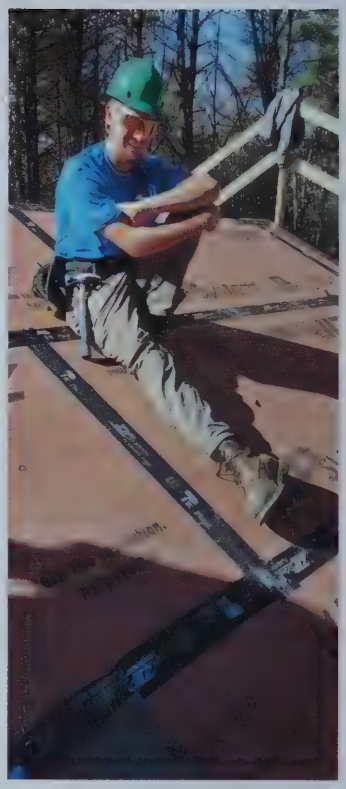

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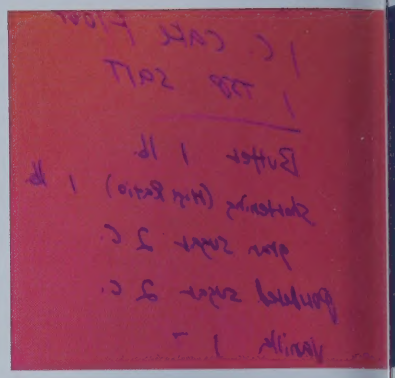

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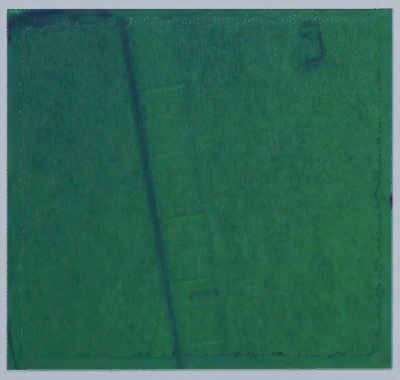
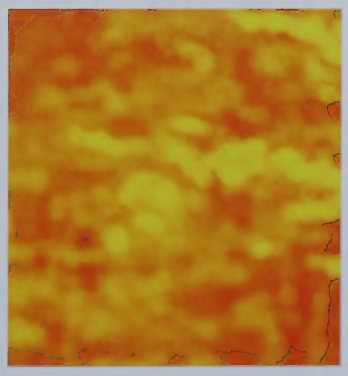

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